

Pre and Post Operative Instructions
BREAST AUGMENTATION

NEXT MORNING

1. Please write down your questions so the surgeon and staff may prepare you well to go home.
2. You will be seen by the surgeon in the treatment room where your dressings will be changed and your incisions examined.
3. Your bra will be fitted. Please ensure you bring your own bra(s). The nurse will advise you at your pre-operative consultation on the size you will need to purchase.

AFTER SURGERY

1. Do not drive during the first week after surgery.
2. You **MUST** keep your wound dry until your stitches have been removed.
3. You are advised to limit your activities to avoid unnecessary bleeding. Avoid strenuous exercise. Do not lift anything over 2 lbs. for the first 3 weeks after surgery. Stretching will also alter your scarring.
4. Your elasticated sports bra **MUST** be worn for six weeks. During the first week you must wear it 24 hours a day. After one week of continuous wear you may eliminate night use only. No under wired bra may be worn for six weeks.
5. Moderate discomfort is expected. You can expect your most discomfort the second night and third day after surgery. Listen to your body. You have experienced a major surgical procedure. Rest when it tells you to rest.
6. Contact the surgeon immediately if you notice any sudden pain or hardening in your breasts.
7. Keep us immediately advised of any bleeding or leakage at incision sites.
8. After two weeks women who are in physically undemanding occupations can normally return to work. You should gradually be returning to a normal routine, with the exception of lifting, stretching and athletic endeavours. At the end of approximately a six week period you can usually resume a normal life. Flying is not recommended until 4 weeks after surgery.
9. Returning at any time to a physically demanding job must be approved by the surgeon.

Please note this hospital has a no smoking policy