

Pre and Post Operative Instructions BREAST UPLIFT

BEFORE SURGERY

1. The evening or morning prior to surgery, please shower washing your hair and shaving your underarms.
2. Please purchase an elasticated front fastening sports bra in the size advised. No underwire bra may be worn for six weeks after surgery.
3. Ensure your GP or local hospital performs a blood test for FBC & U&E and send results to the Sister in charge of the Cambridge Private Hospital.

NEXT MORNING

1. Please write down all of your questions so the surgeon and the staff may prepare you well to go home.
2. You will be seen in the treatment room where your dressings will be changed and your incisions examined.
3. Your bra will be fitted.
4. You will be advised as to how long your bandages need to be left on (occasionally for three days).

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, usually at your first pre operative visit.
3. You are advised to limit your activities. Avoid strenuous exercise which could cause unnecessary bleeding. Do not lift anything over 2lbs 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 two weeks you must wear it 24 hours a day. After two weeks of continuous wear you may eliminate night use only. No underwired bra may be worn for 6 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. Contact the surgeon immediately if you notice any unusual 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.
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