

Post Operative Advice Breast Augmentation

- When you return from theatre you will have a small dressing either under your breasts or to the sides. You may also have a drain tube attached to a small bottle which is usually removed between 24-48 hours
- Your dressings are waterproof. Bathe as usual, patting dressings dry. If these dressings leak and become wet, remove them and cover the wounds with a clean, dry dressing or contact the rooms.
- You will usually only need to stay overnight in hospital. We will make an appointment to see you in A/Prof Coombs' office in one week to check the dressings and check the wounds. If the wounds are dry they will be left open and you should moisturise and massage them. We will then make a follow up appointment for 6 weeks.
- You should be aware that some bruising and swelling may occur but this will resolve naturally between 3-12 weeks following the surgery.
- Avoid wearing a bra for the next 2-4 weeks. A bra top, fastening at the front, should be worn at all times for support. These are available from A/Prof Coombs' Office following surgery.
- Avoid heavy lifting or exercise involving the arms until instructed otherwise.
- Following your surgery, rest as much as possible, to assist in your recovery.
- If you experience pain, take Panadol or Panadeine. If this does not provide adequate relief, please notify us.
- Report any excessive discomfort or bleeding and if you have any questions regarding your recovery, please contact the Brighton office of A/Prof Coombs on 03 9591 0714.

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