

PRE AND POST SURGERY GUIDE

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Pre-Surgery Guidelines



2 weeks before surgery:

- Inform our staff of any medications or vitamins you are taking at least 2 weeks before your scheduled surgery date.
- Cease supplements 2 weeks prior to your surgery and refrain from using them until 2 weeks after surgery unless instructed otherwise by your GP, specialist, or surgeon.



Inform your Surgeon if you are on any of the following:

- Multivitamins
- Vitamin E
- Supplements containing garlic, ginger, ginkgo biloba, evening primrose oil, fish oil, or omega-3 (e.g., krill oil)
- Nurofen or Nurofen Plus
- Aspirin, Plavix, Disprin, Apixiban, Riveroxiban, Aspro Clear, Ibuprofen or any other blood-thinning or anti-inflammatory medications (blood thinners and can cause bleeding)
- Ozempic or equivalent weight loss medication should be stopped 3 weeks prior to surgery and only clear fluids diet the day prior to surgery.



Important Notice:

If you are on a blood-thinning medication, consult your GP and notify your surgeon's clinic before discontinuing its use. Taking any of the medications or vitamins listed above may increase your risk of bleeding and could necessitate the cancellation of your surgery.



Smoking Cessation:

You must stop smoking and/or vaping at least 8 weeks prior and after surgery, or your procedure will be deferred, and fees may apply. Smoking cessation would be confirmed with a blood test prior to your procedure. For optimal healing, avoid smoking for as long as possible after surgery.



If you have any questions or concerns regarding this information, please contact our office.



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Morning Of Surgery



Showering:

On the morning of your surgery, please take a thorough hot shower and wash your hair. You will not be able to shower again until 24 hours after your surgery.



Clothing:

Wear comfortable, loose-fitting clothing, such as a button-down shirt and slip-on flat shoes. Please avoid wearing lace or tight-fitting underwear. Do not wear perfume, contact lenses, or any jewellery on the day of surgery. Be sure to bring your glasses and their case.



Transportation:

You must arrange for a family member or friend to drive you to and from the hospital, as the hospital will not allow you to leave on your own. This includes leaving by taxi, Uber, train, or bus. Additionally, someone must stay with you for the first 72 hours following surgery in case of any adverse reactions to the anaesthesia.



Fasting:

You will need to fast before your surgery, which means following a restricted diet or not consuming anything (including water). Your anaesthetist will determine the exact fasting period and you will be contacted by phone the day before your surgery with the specific time to start fasting. Please note that fasting also includes avoiding gum, coffee, tea, or breath mints.



Important Information for Day Surgery Patients:

If you are being admitted as a day case (no overnight stay required), keep the following in mind:

- The major effects of anaesthesia wear off quickly, but minor effects on memory, balance, and muscle function may persist for several hours. These effects vary by individual.
- You are not permitted to drive while taking pain medication.
- You must have access to a mobile phone.
- Avoid operating machinery or making important decisions for at least 72 hours after anaesthesia.



Arrival:

Plan to arrive at the hospital 10 minutes early on the day of your surgery.



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Post-Surgery Medications & Pain Management



We hope your recovery from surgery is going well. This plan is designed to help you manage postoperative pain. While some pain is inevitable after surgery, our goal is to make it as manageable as possible while minimising medication side effects. It is best to remain active to speed up your recovery. Your anaesthetist may give you a script for some or all of the following medications. These medications may not eliminate all pain but will help make you more comfortable. The discomfort will decrease over time as your body heals, with the pain typically being most intense in the first 24-48 hours and gradually improving thereafter. Staying active can also help distract you from the discomfort and speed up your recovery.



Please adhere to this plan closely for the best results. If you have allergies to any of the listed medications, do not take them without consulting your doctor.

Paracetamol (Panadol)	Ibuprofen (Nurofen)	Diazepam (Valium)	Tapentadol IR (immediate release)	Keflex (Antibiotics)
500mg	200mg	2mg	50mg	500mg
Take 2 tablets every 6 hours for 10 days. (No prescription required)	Take 2 tablets every 8 hours with food for 10 days. (No prescription required)	Take 1 tablet 3 times a day for 5 days. (If you feel drowsy, reduce the dosage)	Take 1 tablet only when needed, up to every 6 hours.	Take 1 tablet every 6 hours for 10 days. (This is an antibiotic)

Note: Due to strict prescription regulations, we cannot provide more medication than what is prescribed. If you need additional prescriptions, please follow up with your GP, as they will need to review your condition. It may be wise to schedule a GP appointment before your medication runs out.



Supplements for Wound Healing:

Vitamin C, Zinc, and Magnesium are after surgery as they may assist with wound healing. Please consult your GP or pharmacist for appropriate dosage recommendations.



Emergency Contact:

In case of an emergency, please contact 000, or the Concord Hospital Switchboard at (02) 9767 5000 to reach the Plastics Registrar on call or go to the nearest Emergency Department. Please also email or call the rooms to inform us of your progress.



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Post-Surgery Care Instructions:



Sleeping:

- 1st week: Sleep on your back, propped up with a couple of pillows. This helps minimise swelling
- 2nd week: You can gradually return to your normal sleeping positions, but continue to avoid sleeping on your stomach for the best healing.



Activity:

- Immediately post-op: Walking is encouraged, but avoid any strenuous activities.
- 1st week post-op: Avoid lifting anything heavier than 2-5 kg. Expect to feel sore and tired in the first few days, but short walks around the house are great for your recovery.
- 2nd/3rd week post-op: Pain should ease, allowing for longer walks (e.g., at the mall or a coffee outing). Continue avoiding strenuous activities and lifting more than 5 kg.
- 4th week post-op: Most patients feel much better. Light cardio, like walking on a treadmill or using a stationary bike, is fine. You can also start gentle lower-body exercises like bodyweight squats or lunges.
- 6th week post-op: You should be feeling closer to normal. Light weightlifting and more strenuous activities can be resumed, but listen to your body. Avoid exercises that heavily engage the chest muscles (e.g., push-ups, burpees, planks) as they can interfere with healing.



Bathing:

- 24 hours post-op: You can remove your bra and to take a shower. Your dressings are waterproof. Make sure someone is nearby in case you feel dizzy. Avoid submerging your wounds in water (e.g., baths) for 3 weeks or until fully healed.



Dressings:

- Keep your dressings in place until your first follow-up appointment. Remove your bra or soft bandage wrap before showering.



Post Op Garments:

- Continue wearing your surgical garment (bra) for 6 weeks, removing it only for showers.
- Wear a supportive bra day and night for 3 months, switching to a sports bra if preferred. Avoid underwire bras for at least 6 weeks as they can affect breast shape and irritate the scar.
- Postpone shopping for new bras or clothes until at least 3 months post-op, as swelling will continue to reduce.



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Continued



Sutures:

- Your sutures are self-dissolving. If any sutures poke out or cause irritation, please contact the office or see your GP to have them trimmed.



Swelling/Numbness:

- Swelling is normal after surgery and can last for 3-6 months. If the swelling becomes hard or doesn't go down, contact the office. Some numbness is also common and usually improves over time.
- Use a cold compress to ease swelling and discomfort (avoid direct contact with the skin).



Bleeding:

- Small amounts of oozing are normal. If more than light staining occurs, apply firm pressure for 20-30 minutes. If the bleeding persists or you feel light-headed, seek medical help and contact your surgeon.



Driving:

- You may drive when it does not cause pain, and you can do so defensively (usually after 1 week). Avoid driving if you are still taking strong painkillers or sedatives.



Postoperative Appointments:

- Your first follow-up will be with a nurse or doctor. You'll typically see your surgeon at 3, 6, and 12 months post-op.



Other Recommendations:

- Avoid alcohol and smoking to promote optimal healing.



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Post-Surgery Mobility Exercises

It's important to gently stretch your chest and abdominal muscles after surgery, especially if you've been less mobile in the first few days. To do this safely and effectively, we recommend the following exercises:



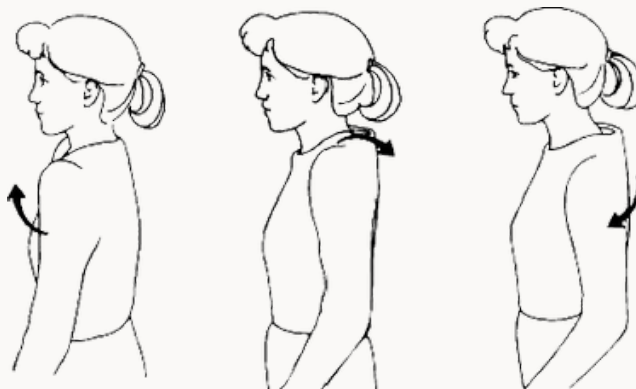
Deep Breaths - *This helps stretch your chest muscles by expanding your ribs and ensures your lungs fully expand after anaesthesia.*

- Take a deep breath, hold for 2-3 seconds.



Shoulder Shrugs and Circles - *These help stretch your chest and shoulders while relieving tension in your neck and shoulders.*

- Bring your shoulders forward, up, back, and down in a large circle. Start with smaller circles if you feel stiff, gradually increasing the size as you loosen up. Repeat 5 to 10 times.



These exercises can be repeated several times a day, starting on day 1 post-surgery, and will help you feel more mobile and speed up recovery by stretching your pec muscles.



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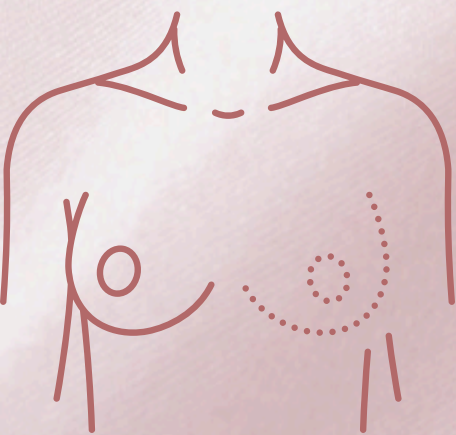
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What's Normal To Expect

1. **Swishy or Crackly Sounds Under the Skin** - It's normal to hear sounds or feel sensations of fluid or air under the skin after surgery. These will subside within the first week.
2. **Tightness and Firmness in Breasts** - You may experience tightness and firmness in your breasts, especially in the cleavage area, due to the skin stretching. This is normal, and both sensations will ease as your skin relaxes and the breasts soften over the next few months.
3. **Swelling in Breasts** - You may notice swelling in the top part of your breasts. Swelling can be more pronounced on one side, often on the side of your dominant hand, but will even out as the swelling subsides.
4. **Numbness and Nipple Sensitivity** - Numbness in parts or all of your breasts is common, particularly around the nipples. You may also experience either increased sensitivity or numbness in the nipples due to skin stretching. Both sensations should improve over the coming weeks and months.
5. **Discomfort** - Mild to moderate discomfort, especially when moving your arms or chest, is normal during the first week. This should be manageable with the prescribed pain relief. Sharp, sudden pain when stretching could be caused by tension on the stitches used to create the lower fold of the breast. Avoid big stretches for the first few months.
6. **Lumps on the Incision Line** - If you feel lumps along the incision, these are likely the internal self-dissolving stitches. They will dissolve within 9 months.
7. **Bloating and Water Retention** - Abdominal bloating and fluid retention are common after surgery and will subside as you begin moving around more.
8. **Nipple Position** - Unless you've had a breast lift, the position of your nipples will remain the same post-surgery. Asymmetry present before surgery will still be there afterward.
9. **Breast Appearance** - Your breasts will change significantly over the next 8-12 months as the skin and muscles soften. Avoid judging the final size and shape too early.



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Scar Management: Understanding and Caring for Your Scars

A scar is a natural part of the healing process that forms within 2 to 3 days after an injury. Scar tissue fills the wound and can develop over several weeks to months. Initially, scars are red and 'immature'. Over 3 months to 2 years, they typically become paler, flatter, and softer. Regular massage and moisturising help this process.

Monitor your scars closely and contact your doctor if any issues arise.

Identifying Problematic Scars: Signs of problematic scars include:

- Persistent redness or purple coloration
- Raised, hard texture
- Itchiness
- Restricted movement

These could be hypertrophic or keloid scars. Higher-risk individuals include those with certain skin types or a history of problematic scarring.

What to Do if Your Scar Becomes a Problem: Contact your doctor if you notice any issues with your scar. Treatments such as taping, silicone gel, pressure therapy, or splinting may be recommended. Early intervention is crucial.

Massage & Moisturizing

- **When to Start:** Begin massaging your scar 3-4 weeks post-op, once the wound has healed. Continue until the scar matures, typically 12-18 months.
- **How to Massage:** Use a gentle, circular motion with firm pressure. Massage 2-3 times a day for 5-10 minutes each time.
- **Do Not Massage:** Avoid massaging open wounds or if the scar becomes sore, blisters, reopens, or a rash develops.

Silicone Gel and Sheets

- **Silicone Gel:** Apply silicone gel (e.g., Strataderm) to the scar every 12 hours.
- **Silicone Gel Sheets:** Cut to fit, apply to a clean, dry scar, and hold in place with tape or a splint. Wash the sheet daily and store it properly. Avoid use on open wounds or if a rash develops.

Adhesive Tape

- **Purpose:** Gentle pressure from adhesive tape helps prevent thick, raised scars.
- **Usage:** Apply to clean, dry skin and follow your doctor's instructions on changing frequency. Use vegetable oil to ease removal if needed.

Sunscreen Protection Scars take at least a year to fade. Protect them from sunlight using SPF 30+ sunscreen, even through a bathing suit. Be extra cautious if the skin has reduced sensitivity. For any concerns or questions, please contact your doctor.



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Thank you for diligently following these post-operative guidelines. Your commitment to proper scar care and recovery will greatly contribute to achieving the best possible results.

If you have any questions or need further assistance, please don't hesitate to reach out. Your health and satisfaction are our top priorities.

YOUR BEAUTY, OUR EXPERTISE.

