

## In Case of Emergency

Dr Tony Moore can be contacted at any time on 08 70894486 to discuss your concerns. If you have a life threatening emergency please call 000.



## Your Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Dr Tony Moore

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## Discharge Instructions Breast Surgery

**Dr Tony Moore**  
**MBBS, FRACS**

*Safe Hands*

## General Information

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### Bleeding

It is normal for the sutures to ooze for 24–48 hours. If the area bleeds:

- Sit or lie down upright, elevating your chest with pillows.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding. If the dressings, however, should become soaked with blood please contact us immediately.
- Apply firm pressure for 20–25 minutes.
- If bleeding does not stop please call us on 08 7089 4486

### Pain or discomfort

After your surgery this is normal. Please take your pain medications as prescribed. Do not drive while you are taking prescription pain relievers or sedatives. Aspirin or NSAID's based medicine should not be taken before surgery as this can increase the tendency for you to bleed. Please check with us or your Pharmacist if you are unsure.

### Recovery Post-Op

You will be fitted with your surgical garment post surgery. Continue to wear this garment until advised to remove by your surgeon. Avoid strenuous activity, bending and lifting in the initial post-operative period. Depending on your procedure you may be required to perform some simple exercises. If this is the case your recovery nurse will have you perform them prior to discharge. These exercises are:

- raising your arms above your head
- placing your hands on your hips and gently pulling your shoulders back.

Please repeat these exercises three times a day for the next two days. Only do these exercises if you have been instructed to.

## Breast-Lift/Augmentation/ Reduction/Revision

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Some swelling and bruising over the chest area is normal. The degree of this varies with each person. Sometimes the swelling can cause some temporary changes to the symmetry of the chest Swelling and bruising will often resolve in the first couple of weeks but in some cases may persist for 3–4 weeks. You may be required to wear a compression garment to assist with swelling reduction. Feelings of tightness in your chest area and discomfort are all normal in the initial post-operative period. There may be loss of sensation over the areola, which may take weeks to months to return.

You may be required to wear your surgical garment day and night for 6 weeks from the day of your surgery. This helps control the bruising and swelling, gives you support and may help reduce your pain. You may shower day two after your surgery, do not swim or immerse yourself in water. Pat dry dressings. If the dressing falls off before your next appointment leave your wound open. Your sutures will be removed on day 10–14 or you may have dissolvable sutures. Strenuous activities should be restricted for at least 4–6 weeks after your surgery. Walking and light exercise is okay after 2 weeks Most people can return to work 2–3 weeks after surgery.

## Gynecomastia

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Essentially the post surgery instructions for this procedure is the same as for female breast surgery other than the garment fitted for you to wear post-operatively.

It is vital that you rest and avoid strenuous exercise and follow the regime recommended for female chest surgery on the preceding page.

## Scar Management

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All surgery results in scarring. To help you to achieve the best results, there are a number of options available to you once healing has occurred.