

Patient Post-Operative Care Information

Professor V V Ramakrishnan (VVR)

Additional Patient Care Advice

Breast Augmentation

Following your planned discharge, please ensure the following are adhered to, in order to optimise the healing process, unless otherwise instructed to by VVR

- ☐ Absolute rest for 2 weeks – caring for yourself only
- ☐ A 2 - 4 week recovery period is expected
- ☐ Sit and sleep propped upright (advice -extra pillows)
- ☐ No lifting, stretching, pulling or pushing – keeping arms close to body e.g no housework or lifting children
- ☐ No driving for 2 weeks
- ☐ Supplied supportive bra to be worn for 6 weeks day and night – remove only when showering
- ☐ Use your usual non scented shower gel / soap, wash yourself including your breasts and surgical glue.
- ☐ Pat dry with clean towel, moisturise all breast area, reapply bra.
- ☐ It is expected that you will attend a follow-up appointment after 1 week post operation for check-up with a nurse
- ☐ **It is anticipated that during a follow-up appointment 2nd week post operation with VVR, breast examined and surgical glue removed and advice provided.**
- ☐ Continue wearing bra
- ☐ No driving
- ☐ Sit / sleep propped upright when resting / sleeping
- ☐ Showering – continue to wash / pat dry / moisturise breasts gently, reapply bra
- ☐ Continue to not undertake any strenuous upper body activity including housework – maintain gentle mobility
- ☐ It is anticipated a follow-up consultation with VVR is carried 4 weeks post-op

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- ☐ It may be advised that gentle increased activities may occur

6 weeks post- op:

- ☐ Hospital supportive bra is replaced by a patients sports bra
- ☐ No bra's with underwire to be worn for 12 weeks
- ☐ It is anticipated that normal activity is resumed, including swimming and gym work
- ☐ **Timeframes on returning work / resuming normal activities will be re - confirmed once reviews have taken place**
- ☐ **AVOID SUN EXPOSURE FOR 1st YEAR**