

## Available Procedures At Manchester Private Hospital

### BREAST SURGERY

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

### BODY SURGERY

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

### FACE SURGERY

- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery

Excellent  ★ Trustpilot

### CONTACT US

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MANCHESTER  
PRIVATE HOSPITAL

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# Post-Operative Advice Breast Augmentation

## WHEN IS MY MEDICATION NEXT DUE?

Pain Relief - Time \_\_\_\_\_

Antibiotic - Time \_\_\_\_\_

FOR MEDICAL EMERGENCIES

**0787 439 7261**

FOR ANY GENERAL ENQUIRIES

**0161 507 8822**

manchesterprivatehospital.uk

# AFTER SURGERY

Please wear your post-operative compression bra day & night for at least 3 months after surgery. This is an essential part of the healing process as the bra provides firm support whilst your body is healing internally and reduces the risk of haematoma and a seroma forming around the implant. It is important to maintain good, firm support throughout this time of healing and when taking part in high impact exercise long term.

If your implants have been placed under the muscle, you may be given a velcro breast band to wear for 2-6 weeks (depending on your surgeon's preference) and this may be worn over your surgical bra. The band must be fitted snugly above the breast to prevent the implant migrating upwards.

Your nurse will instruct/reiterate to you at your 1-week check-up appointment as to what your surgeon has advised as each surgeon tailors your care plan to your specific individual need.

You must avoid lifting & stretching your arms above your head for 2 weeks after surgery. This includes heavy shopping bags, hoovering and even lifting small children. You will need help at home during this time.

Your breasts will be swollen for at least 6-8 weeks. The shape of your breasts will change as the swelling reduces and they will soften. Your surgeon will see you in clinic for a review after this time so that the result can be seen once the swelling has subsided.

It is important to sleep upright on your back, supported with pillows for the first 1-2 weeks after surgery, to help reduce

swelling overnight and promote healing. Lying flat will cause you more pain, increases the risk of swelling and is not advised.

It is important to keep the wound dressings completely dry for the first week after surgery. You may sit in a shallow bath of water to have a wash, but you must not get the dressings wet as this could lead to poor healing and increase the risk of infection. Wet wipes can be useful during this time. You may need someone to help you to wash your hair. The nurse will see you at around 7 days after surgery and/or weekly until you are fully healed.

## PAIN

It is normal to expect some post operative pain.

You will experience some pain/discomfort post operatively. You will be given pain relief to take home. Take the pain relief at regular intervals as prescribed and stop taking them when you no longer need them.

Pain relief that contains codeine can make you constipated and bloated therefore stop taking codeine when you no longer need them, to help avoid unpleasant side effects to your mood and digestive system. If you do become constipated, we advise you take Senna or similar over the counter remedy from the pharmacy.

Complete the course of antibiotics if prescribed to you, to help further reduce the risk of infection. If you have any adverse side effects, please stop taking them and call us for advice. Probiotics help the digestive system to return to normal gut flora following antibiotics. Remember to eat a balanced diet including fruit,

vegetables and proteins. We also advise you drink plenty of fluids throughout the day to avoid dehydration. This will help with healing. Please avoid alcohol for one week following surgery as this can thin the blood, increases risk of bruising and is not to be taken whilst on antibiotics. The optimum shape will only be reached 6 months to 1 year after surgery.

Scars may be pink or even raised in areas for 1 to 2 years after surgery. Do not sunbathe or use sunbeds for at least for 12 weeks. Do not expose your scars to the sun or use sunbeds at least for 12 months after surgery. Then sun block must be worn on holiday etc.

Cover the scars from sun and sunbeds for one-year postop and apply total sun block if exposed to sunlight. The process of scar maturation may take as long as 2 years. They will eventually soften and fade over time but massage of the scars using Bio Oil can help this process once fully healed. We also recommend Lipo Heal cream by LipoElastic.

**DO NOT RECOMMENCE SMOKING UNTIL YOU HAVE HEALED COMPLETELY AS THIS WILL CAUSE A DELAY IN WOUND HEALING AND INCREASES THE RISK OF INFECTION. NICOTINE REDUCES BLOOD FLOW TO THE WOUND AND SHOULD BE AVOIDED UNTIL AT LEAST 3 MONTHS AFTER SURGERY.**

## ACTIVITY AND EXERCISE

We advise you to avoid driving for the 1-2 weeks following surgery and until you no longer require taking pain relief.

Avoid high intensity exercise for 6-8 weeks following surgery, gentle exercise only such as walking is encouraged to avoid blood clotting problems such as deep vein thrombosis.

It Is Important To Wear Your Anti Thrombosis Stockings For 2-3 Weeks Following Surgery Or Longer If You Are Inactive Your Nurse Will Advise You Before You Leave The Ward

For activities such as tennis, golf, swimming or strenuous exercise you should wait at least 10 weeks before starting to gradually work yourself back to normal. Please call us, at any time, if you are concerned. We are here to support you throughout your patient journey.

In an emergency such as sudden chest pain, breathlessness or fever please seek urgent medical advice from your local hospital.

### EMERGENCY

**IN CASE OF EMERGENCY PLEASE DIAL 999 OR ATTEND ACCIDENT AND EMERGENCY. THIS INCLUDES SUDDEN HIGH TEMPERATURE, BLEEDING, CHEST PAIN AND BREATHLESSNESS.**