



Post-operative patient information leaflet for:

Breast augmentation/enlargement - Part 3 of 3

*This is a post-operative patient information leaflet after breast augmentation surgery. **Please initial each page**, indicating that you have read it. For information on pre-operative information and the risks and complications of breast augmentation surgery, please see parts 1 & 2.*

What to expect post-operatively

Breast augmentation surgery is usually performed under general or local anaesthetic. You may be able to go home the same day, but many patients will spend one night in hospital. Postoperative pain in these procedures is easily controlled. Your chest will feel tight. Your breasts and ribs below your breasts will be tender.

Dressings

You will have some dressings on your breasts. A well-fitting, non-underwired bra will need to be worn following surgery.

Recovery

You will be mobile from day 1, and should be back to full exercise within 6 weeks. You are recommended to take at least 1-2 weeks off work immediately after the operation, depending on your occupation. There is likely to be some tenderness and swelling of the breasts for some time following surgery. If your implants are beneath the muscle, contracting the chest muscle can cause the implants to move. You will need to avoid lifting in the early period after surgery.

Seeing the results

At first your breasts may look too high and the skin appear tight. This tends to settle down over the first six weeks or so after the operation as a more natural shape emerges. Most patients are delighted with the change that has been achieved, but some find their new shape is difficult to get used to. You should be prepared for this possibility. The sensation to your nipple may be increased or decreased and may change over time.

What to look out for

Bleeding after surgery may cause swelling, discolouration and pain, usually on one side rather than the other, and may require a return trip to theatre. Infection initially starts with pain, redness, swelling, discharge and may cause a fever. A blood clot on the leg or the lung may cause breathlessness, chest pain



or swelling and pain in the calf. If the wound is not healing satisfactorily, there may be an increase in pain, tenderness, localised discolouration or discharge. If you have any concerns after your operation that you may have developed a complication, please contact a medical practitioner or go to A&E.

Important contact details for your surgery

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DISCLAIMER:

This document is designed to supply useful information but is not to be regarded as advice specific to any particular case. It does not replace the need for a thorough consultation and all prospective patients should seek the advice of a suitably qualified medical practitioner. The BAAPS and BAPRAS accept no liability for any decision taken by the reader in respect of the treatment they decide to undertake.

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