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If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Department of Plastic and Reconstructive Surgery Ward L5

Patient Discharge Information

Bilateral breast augmentation

Document history

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Discharge information

You will be discharged from hospital approximately one to two days after your operation.

Your wound dressing will stay in place when you go home. You will be fitted with a bra which you should wear day and night for six weeks.

You will need two firm control sports bras as a minimum – one to wear and one to wash. We do not recommend that you purchase too many bras initially as your size will change as swelling reduces.

You may shower 48 hrs after your operation unless instructed otherwise by your consultant. Do not aim the shower spray directly onto your wounds and pat dry with a towel after showering.

You will be provided with spare dressings and a letter to give to your practice nurse when your wounds are checked in two weeks time. It is your responsibility to book this appointment.

An appointment will be sent to you in the post to attend the outpatients department in approximately six weeks time to see your consultant or a member of his team.

Depending on the type of work you do it is recommended that you have approximately three to four weeks off work. The ward can issue you with a sick certificate upon request or you can get one from your GP.

Discharge advice

Pain relief – Some discomfort after surgery is to be expected. You may have been given pain killers on discharge; Continue taking these as instructed on the packet. If you did not receive painkillers on discharge, it may be that you did not require any then, but, if you do require pain relief later then paracetamol is advised.

Driving – You should avoid driving for four to six weeks. You should check with your insurance company to confirm your insurance remains valid.

Household chores – You are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced gradually.

Complications

It is important for you to be aware of the signs and symptoms of wound infection. These may include

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal pain killers or gets steadily worse.

If any of these symptoms occur, contact your GP or Ward L5 on **01223 348503** for advice. If an infection does occur antibiotics may be prescribed.