

PRE AND POST OPERATIVE INFORMATION FOR BREAST AUGMENTATION WITH DR TAVAKOLI

Before Surgery

- Smoking

If you are a smoker you will be required to stop smoking 9 weeks prior to your surgery and for 9 weeks post surgery. Smoking may delay healing due to a decrease in oxygen levels in the blood and poor blood supply to the operated area increasing the rates of major complications such as Blood Haematoma, Seroma, Infection and Capsular Contracture.

You will be required to have a blood test prior to surgery to detect the levels of nicotine in your body.

- Medication

Medication such as aspirin, Vitamin E supplements and anti-inflammatory agents such as Nurofen and Voltaren (Non-steroidal anti-inflammatory) are to be stopped two weeks prior to surgery as they may increase the risk of bleeding.

Please advise of all over the counter vitamins or herbal remedy supplements you may be taking.

- Fluids

No alcohol three days before surgery. Please ensure that you are well hydrated 24 hours prior to surgery as this may decrease the risk of nausea and headaches.

- Clothing

You will be fitted for a support bra at your consultation. This will be purchased by you and delivered with your implants to your surgery. You will be required to wear the bra for six weeks day and night. It is advisable that you wear clothes that are easy to change into e.g. tops that have zippers or buttons. **This is especially important on the day of surgery and for your first appointment with the nurse.**

The day of your Operation

The day before your surgery the Hospital or Day Surgery will contact you and advise what time they would like you to arrive at the reception. **You will also be instructed not to eat food or drink fluids for six hours prior to your operation.**

Your surgery is a day only procedure, performed under light general anaesthetic. Immediately following your surgery you will be taken to the recovery unit, until you are fully awake. When you awake you will be wearing your support bra. This is only to be removed to shower prior to your first appointment with Dr Tavakoli's nurse. Your dressing is to remain intact until advised by the nurse.

Drains: In few selected cases Dr Tavakoli may opt to insert a drain in the newly formed breast pocket to minimize chances of blood collection or haematoma. These drains will be removed after ONE day.

Medication will be prescribed by your anaesthetist.

You will need your partner or significant other to take you home and you will be given an appointment time to see Dr Tavakoli's nurse within 1 to 3 days. At this appointment your dressing will be attended to and you will also be advised how to care for your dressing at home.

Post Operative

You will be given extensive post operative instructions prior to your surgery. It is very important you read and understand them.

- *Time off Work*

Depending on your job it is advisable that you take one week off to rest as the body requires energy to promote healing.

- *Physical Activity*

Exercise is to be restricted for six weeks to minimize risk of bleeding. Activities such as lifting, hanging out washing, vacuuming and swimming are also to be avoided. You cannot drive your car for 10 days.

- *Discomfort*

The most discomfort following surgery will be experienced in the first three days. Your breasts will have some bruising and swelling but this will settle in about two to three weeks.

Patients outside of Sydney metropolitan area

If you have been advised that your surgery will be early in the morning, it is advisable that you stay in Sydney the night before, so as to not be late for your procedure.

You are required to stay overnight in Sydney if you live more than 1hours drive from the Hospital or Day Surgery.

You will have your first dressing with Dr Tavakoli's nurse on day 1 or day 3 following your surgery. This appointment is very important and under no circumstances to be missed.

Interstate and Overseas Patients

Booking a surgery date with Dr Tavakoli before you have had your consultation is quite common for interstate and overseas patients. We understand it is an expensive task to fly back and forth for these consults, so to assist you we will book your consultation and surgery in the same week.

The consultation takes place on either the Tuesday or Friday and surgery on either Monday, Wednesday or Thursday. You will be instructed to email images of your breasts beforehand so that Dr Tavakoli can identify whether you will require a breast lift or just an augmentation.

Once you have discussed your surgery requirements it is then possible for you to book a date. Only once you have left a deposit is your date secure.

You must remain in Sydney for 1 week following your procedure and return for your 2 month post operative visit.

Accommodation

If your operation is at Norwest Private Hospital:

The Hills Lodge- 02 9680-3800

Quest Apartments Castle Hill- 02 8848-1500

Crown Plaza Norwest- 02 9634-9634

All are 5 minutes drive from the hospital and Bella Vista Practice

If your operation is at North Shore Specialist Day Surgery:

The Urban St Leonards 02 9439-6000

Or visit- www.wotif.com.au for great specials. Accommodation in Sydney's **CBD** is only 15-20 mins drive to the Day Surgery or our Darling Point Practice.

TOP 10 DON'T'S

1. No Nurofen or aspirin before or after surgery
2. No excessive exercise after surgery for 6 weeks.
3. No fake tan before surgery
4. No swimming in pools or beaches for 4 weeks after surgery.
5. No sun baking for 4 weeks after surgery.
6. No driving for 10 days
- 7. No smoking!**
8. No spray tan after surgery for 3 weeks
9. No drinking 3 days before and 1 week after surgery.
10. No sexual intercourse for 1 week.