



Plastic & Cosmetic Surgery at  
Westmead Private Hospital

## Post-operative Care & Recovery after Breast Surgery



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**WESTMEAD**  
PRIVATE HOSPITAL

## Your surgery

The length of time for your surgery may vary dependant on the type of breast procedure you are having. The nursing staff can give you a rough time frame when you are admitted to the hospital.

## What to expect post-operatively

The final look and feel from your breast procedure may not be evident for days or even weeks after your procedure. All surgical operations require recovery time and wound healing post-operatively.

Pain and discomfort is normal after your procedure and will vary individually. The nursing staff will administer pain relief to you as charted by your anaesthetist, please inform the nursing staff or contact our plastics patient liaison nurse directly if the pain relief you are receiving is not adequately controlling your pain; pain will subside as your healing progresses.

The surgery will result in some swelling and bruising, this should start to settle after a few days or even a week. The nursing staff will be monitoring your wounds and will only change any dressings as specified by your surgeon. All stitches used will be internal and dissolving.

You will be fitted with a specific post – surgical bra that is usually pre-ordered in your surgeon's rooms. The bra will either be on when you return from surgery or will be fitted shortly after. You will be instructed by your surgeon on the length of time you will be required to wear the bra.



Drain tubes are inserted at the end of the operation to allow for any bodily fluid to escape from your body post-operatively. These are usually removed once there has been less than 20mls of fluid in a 24 hour period; this will also vary individually.



If your drainage is more than 20mls at the end of your stay then you need to be discharged with them, the nurses will educate you on how to care for the drains and will provide you with a booklet to take home.

## Nursing care post-operatively

Our team of experienced nursing staff will be helping you with your daily activities, they are there to guide and assist you with your post-operative phase and educate you on how to look after yourself at home following discharge. Please do not hesitate to ask your nurse for anything. The nursing team will be liaising regularly with your doctor and will follow a specifically designed clinical pathway for your individual surgery.

We have a dedicated plastics patient liaison nurse on each shift who can be contacted directly on the personal deck phone throughout your stay if you have any concerns, questions or require assistance.

The number for the plastics patient liaison nurse is (02) 8837 8988, you will be given a business card and the number will be written on the whiteboard in your room.

