



# Breast plastic surgery

## Advice for going home after your procedure

This fact sheet explains what to do and what to expect in the first few days after breast surgery.

It is for people who have had breast surgery to rebuild or improve the balance between their breasts. This surgery was performed by a plastic surgeon.

If needed, you might get another fact sheet with more detailed information.

### Looking after yourself

For the first 24 hours after your procedure:

- rest as much as possible – don't do any exercise, housework or cooking
- avoid heavy lifting and overstretching, like hanging washing, for at least 3 days
- don't drive a car
- don't drink alcohol
- don't use machinery or electrical appliances that could cause injury
- don't sign any legal documents
- be careful when walking and moving around – it's normal to feel lightheaded after anaesthesia or pain medicines.

### Looking after your wound

A breast care nurse will tell you when to start wearing a post-surgery bra, based on the type of surgery you had. They will confirm this before you go home.

You should avoid showering for the first 48 hours after surgery. After 48 hours, you can shower as normal and get your dressing wet.

For the first 2 weeks, avoid physical activity. Over the next 4 weeks, slowly increase your physical activity as you feel comfortable. You should be able to do normal activities after 6

weeks.

Infection after surgery is uncommon, but if you notice more pain, redness, swelling around the wound, or a fever, contact a breast care nurse.

You may need to go to the Plastics Clinic or a Dressings Clinic in the first week after your surgery. We will schedule further reviews as needed.

To help the healing process, avoid rubbing the scars or massaging the prosthesis for the first 6 weeks.

After the dressing is removed, you can cover your suture line with skin-coloured tape for 3 months to help reduce scarring.

### If you need medical help

If you have any concerns or need medical help, please contact a breast care nurse:

- The Royal Women's Hospital,  
Breast care nurses  
Call 8345 3565 or 0466 813 775  
Monday to Friday, 8 am to 4:30 pm.

If you need medical help outside of these hours:

- The Royal Melbourne Hospital  
Call 9342 7000 (ask them to page the plastics registrar)  
You can call any time of day or night.
- In an emergency, call Triple Zero (000) or visit your local Emergency Department.

## Family Violence Support

### 1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732 (24-hour support service)

[1800respect.org.au](https://1800respect.org.au)

### Do you need an interpreter?



Interpreter

You can ask for an interpreter if you need one.

**Disclaimer:** This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.

© The Royal Women's Hospital 2024