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| **Raj H Ragoowansi** *MB MSc FRCS(Plast)*  **Consultant Plastic, Aesthetic & Hand Surgeon** |
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**Post-Operative Care**

**Breast Surgery**

**Pre-Operative Work Up**

Having discussed the procedure with Mr Ragoowansi, please feel free to contact us (by email or phone) if you require any further information. On the day of surgery, your procedure is under a general anaesthetic (GA), do not have any food for 6 hours prior to surgery and have a clear drink of water up to 3 hours before surgery. Please bring basic toiletries, one change of clothes and a book/iPad to help you pass the time should there be a delay in the start of your procedure or indeed in discharge after the procedure

**At the Hospital**

Please register with the admissions office as instructed and an attendant will take you to your room where you will be allowed to unpack, settle in, change into appropriate hospital clothing. A staff nurse will carry out an admission process which will include routine observations and/or blood tests, ECG if required. Mr Ragoowansi will come and see you on the ward and re-discuss the procedure in order to obtain an informed, signed consent from you. He will carry out accurate markings with you standing up in order to plan the procedure. If you do have any further queries about the procedure, please make a written list of them so that you can re-discuss them with Mr Ragoowansi prior to your procedure.

As you are having a GA, the anaesthetist will also pay you a visit and go through the anaesthetic protocol, including post-operative anaesthesia, breathing, and your discharge medication.

**Procedure**

Mr Ragoowansi documents a detailed operation note and where relevant also takes peri/operative pictures both of which you have access to at your convenience, please contact Lisa ([medsec@mmp.london](mailto:medsec@mmp.london)). She will send these to you via a secure email.

**Post-Operative Care**

***In Hospital***

In the recovery room adjacent to the theatre complex, you will be allowed to recover from the anaesthesia with quite and comfortable surroundings with an expert nurse observing your vital signs.

***On the Ward***

You will return to the ward with semi-waterproof dressings, a comfortable bra and a binder to help with swelling and post-op pain. You will have a tube (drain) emerging on the sides of each breast which will be kept in for 1-2 days until the drainage is minimal. Post-operative pain relief will be in the form of oral medication and/or intravenous morphine via the use of a patient controlled device as necessary. You will have stockings which need to be kept on for 10 days post-operatively. Over the stockings, you will have compression boots which are kept on overnight and these measures are taken to prevent the small risk of deep vein thrombosis post-operatively. You will also receive antibiotics, either intravenously or orally during your stay in hospital and also for 5 days thereafter. As you recover from the anaesthesia, you will be able to eat and drink as tolerated. If you have a catheter in your bladder, then this is kept in for 18-24 hours after which period, as you start mobilising to the toilet, it will be removed. If you do not have a catheter in situu, the attending nurse will give you a bedpan as you wish to go to the bathroom and/or help you to mobilise to the bathroom at your convenience. Please do start to gently eat and drink following the surgery as this will help you with your recovery. The pain medication provided may slow your bowels down, in this case please ask for regular laxatives as required.

**Ensuing 2-5 days**

The breasts and the nipples will be observed regularly for swelling, colour and temperature. As per Mr Ragoowansi’s instructions, the drains will be removed the following day, the dressings readjusted and you will be allowed to go home when your observations are stable and your pain is controlled. At home, should you wish to take a hand-held shower, then please take off the bra and the binder, gently wash around the dressings and then dry yourself with a clean towel. After a few minutes, please reapply the bra and the binder to protect the dressings and help you with your recovery. You can move your arms freely, but avoid lifting and carrying for 5-7 days following the procedure.

At night-time, try to lie on your back for the first 7 days and then gently shift from one side to the other as per your habitual sleeping pattern. At 3 days post-op you can take off the top binder, but do keep the bra on at all times. You can venture outdoors at 5-7 days for a gentle drive and/or coffee with a friend but again, do try and avoid lifting/carrying for up to 7 days following the procedure. You can drive at 10-14 days following the operation.

**Follow Up**

***Nursing Care***

For change of dressings, our office will contact you and give you an appropriate time to visit the nurse. This will normally be at 7-10 days following the procedure and will involve a complete removal of the dressings, cleaning of the scars with antiseptic and reapplication of dressings (lighter than the original dressings).

***Follow Up with Mr Ragoowansi***

Our office will contact you and will give you a time and venue for follow up.

***At Home***

If you need to contact us for further information and/or for any clinical queries, then please call the office during working hours. Out of hours, please contact the hospital where you had your surgery and ask the switchboard to put you through to the duty nurse.

BMI Sloane Hospital - 020 8466 4000

The Hospital of St John & St Elizabeth – 0207 806 4000

The Spire London East Hospital- 020 8551 1100

The Wellington Hospital - 020 3733 5344