

## Breast augmentation

### Instructions for the Patient

#### Before the Intervention:

- If you are having a full anaesthetic, do not eat, drink or smoke after midnight.
- Taking Aspirin (or any other medication containing acetyl salicylic acid) is forbidden during the ten days before the intervention.
- No alcohol 2 days before the intervention.
- On the day of the operation, you are advised **not to wear any make-up, nor any nail varnish**. (OR at least remove nail varnish or gel nail from your right index finger)
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised **not to wear** any **jewellery OR piercings. Please remove them before the surgery!**
- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

**For a breast augmentation, it is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. You can buy them at the pharmacy or at our clinic (£ 30).**

**NEW: hyperbaric oxygen therapy before and after surgery. HBOT therapy helps to improve/accelerate the healing process. Cost: £ 180 for 2 sessions.**

#### After the Surgery:

- After the surgery, a specific bra must be worn for 12 weeks, 6 weeks day and night and the following 6 weeks only during the night. It is important that the Velcro strip applies continuous pressure on the upper part of the breasts. You will however be able to slacken the fasteners in the back. The bra can be briefly taken off after 48 hours, for a quick shower but the bandages must not get wet.
- A second bra can be bought at the clinic. Please ask the nurses for help. This bra can be worn as a sports bra also in a later stage.
- Waterproof dressings are placed after the intervention in order to protect the stitches. They will be removed at the same time as the stitches, i.e. a fortnight after the intervention. Despite the fact that these dressings are waterproof, we do ask not to make them wet during this period. If you have absorbable stitches, we ask you to wear the waterproof dressings for 3 weeks.
- After the removal of the stitches, steristrips and a new dressing are applied for another week. They can be removed after 1 week in the shower.
- Mammary augmentation is an intervention with painful post-operative processes. You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg, three times a day and, possibly, Oxynorm instant 5mg, three times a day. This latter medication should be discontinued in the event of nausea.
- Depending on the procedure, you will be given an adjusted pain schedule!
- Antibiotics will be prescribed for you. You will be given an adjusted schedule for them as well.
- An oedema will appear after the operation, but it will disappear of its own accord. This may take a couple of weeks.

- The stitches will be removed after a 14 days, by your doctor or at Beclinic. Sometimes no stitches have to be removed as the scar will be glued or absorbable stitches are placed. This will be mentioned in your personal letter given after your surgery.
- After removal of all dressings, the scars can be massaged with Cicalfate (Avène) or Zeitschild (available at the clinic) cream. One month after the surgery, a silicon dressing (of the “Bapscarcare”, “Cerederm” or “Dermatix” variety) can be applied in order to encourage the healing process. The scars must be absolutely kept out of the sun for at least a year.
- You are advised not to carry any heavy objects nor to practise any sport or take a bath for 6 weeks after the intervention in order to protect the scars.
- After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.

We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email [webinfo@beclinic.com](mailto:webinfo@beclinic.com) or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000