

Available Procedures At Manchester Private Hospital

BREAST SURGERY

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

BODY SURGERY

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

FACE SURGERY

- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery



MANCHESTER
PRIVATE HOSPITAL

JANUARY 2023 EDITION

Post-Operative Advice Breast Reduction / Uplift Mastopexy

WHEN IS MY MEDICATION NEXT DUE?

Pain Relief - Time _____


Antibiotic - Time _____

Excellent  ★ Trustpilot

CONTACT US

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For any Post Operative Queries

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AFTER SURGERY

Please wear your post-operative compression bra day and night for 3 months after surgery or as advised. This is an essential part of the healing process as the bra provides firm support whilst your body is healing internally and reduces the risk of hematoma or seroma forming.

It is important to provide good firm support throughout this time of healing and when taking part in high impact exercise long term.

Your nurse will instruct/reiterate to you at your 1-week check-up appointment as to what your surgeon has advised (as each surgeon tailors your care plan to your specific individual need).

You must attend the nurse check-up appointment 7 days post operatively for change of dressings and again as required at week 2 also for wound check or until completely healed.

You must avoid heavy lifting and stretching your arms above your head for 2 weeks after surgery. This includes lifting heavy shopping bags, hoovering and even lifting small children. You will need help at home during this time. You should also avoid driving during this time.

Your breasts will be swollen for at least 6-8 weeks. The shape of your breasts will change and soften as the swelling reduces. Your surgeon will see you in clinic for a review after this time so that the result can be seen once the swelling has subsided at around 6-8 weeks post operatively.

It is important to sleep upright on your back supported with pillows for the first 1-2 weeks after surgery to help reduce swelling overnight and promote healing. Lying flat will cause you more pain and is not advised.

It is important to keep the dressings completely dry for the first 1-2 weeks after surgery. You may sit in a shallow bath of water to have a wash but you must not get the dressings wet as this could lead to poor healing and increase risk of infection. Wet wipes can be useful during this time. You may need someone to help you to wash your hair. The nurse will see you at around 7 days after surgery and then weekly as required, until you are fully healed.

PAIN

It is normal to expect some post-operative pain.

You will experience some pain/discomfort post operatively. You will be given pain relief to take home. Take the pain relief at regular intervals as prescribed and stop taking them when you no longer need them. Pain relief that contains codeine can make you constipated and bloated therefore stop taking them when you no longer need them to help avoid unpleasant side effects to your mood and digestive system. If you do become constipated we advise you take Senna or a similar over the counter remedy from the pharmacy.

Complete the course of antibiotics as they are prescribed to you to help further reduce the risk of infection. If you have any adverse side effects, please stop taking them and call us for further advice. Probiotics help the digestive system to return to normal gut flora following antibiotics.

Remember to eat a balanced diet including fruit, vegetables and proteins. We also advise you drink plenty of fluids throughout the day to avoid dehydration. This will help with healing. Please avoid alcohol for one week following surgery as this can thin the blood and increase risk of bruising.

The final shape/outcome will only be reached 6 months to 1 year after surgery.

Scars may be pink or even raised in areas for 1 to 2 years after surgery. Do not sunbathe or use sun beds at least for 12 weeks.

Cover the scars from sun and sunbeds one-year post op and apply total sun block if exposed to sunlight.

Do not recommence smoking/vaping until you have healed completely as smoking/vaping will cause a delay in wound healing and increase the risk of infection. Nicotine reduces blood flow to the wound, causing a breakdown of the wound and infection. It should be avoided for at least 3 months after surgery.

ACTIVITY & EXERCISE

We advise you to avoid driving for the first week following surgery and until you no longer require pain relief.

Avoid high intensity exercise for at least 8 weeks following surgery; partake in gentle exercise only such as walking which is encouraged to avoid blood clotting problems such as deep vein thrombosis.

You should wear your DVT compression stocking until you are fully mobile (for a minimum of 2-3 Weeks post operatively unless advised otherwise on discharge).

Activities such as tennis, golf, swimming or strenuous exercise you should wait at least 10 weeks before starting to gradually work yourself back to 'normal'. Please call us if you have any concerns, we are here to support you throughout your patient journey. In an emergency such as sudden chest pain, breathlessness or fever please seek urgent medical advice from your local hospital.

Inform us immediately if you have any sudden swelling of the breast, bruising or bleeding.

EMERGENCY
IN CASE OF EMERGENCY PLEASE DIAL 999 AND ATTEND ACCIDENT AND EMERGENCY THIS INCLUDES SUDDEN HIGH TEMPERATURE, BLEEDING, CHEST PAIN AND BREATHLESSNESS.