



BREAST IMPLANT RECONSTRUCTION AND AUGMENTATION SURGERY INFORMATION SHEET

WHAT BRANDS OF BREAST IMPLANTS DO WE USE?

- Mentor implants (smooth, round, or finely textured tear-drop shaped).
- Motiva implants (Ergonomics, micro-textured, round initially and then later becomes more tear-drop like).

POTENTIAL RISKS AND COMPLICATIONS OF BREAST IMPLANT SURGERY

- Infection (10-20%, with 5% risk of reduction lost)
- Bleeding (1%) may require return to theatre
- Seroma (fluid accumulation, which may require needle aspiration)
- Altered sensation to nipple, areolar or breast
- Scarring (keloid) on the wound
- Asymmetry and not matching aesthetic expectation
- Skin flap necrosis
- Breast feeding will not be possible after this surgery
- Nipple necrosis or loss (<1%)
- Wound breakdown requiring ongoing dressings
- Anaesthetic related complication
- Chronic pain
- Unexpected histology pathology results
- Implant associated complications: capsular contraction, breast implant-associated Anaplastic Large Cell Lymphoma, implant rupture and rotation

WHAT TO EXPECT AFTER BREAST IMPLANT SURGERY?

1. Post-operative bra

"Post-Op" bras can be purchased from retail stores (i.e. Kmart, Target, Bras N Things, Myer or David Jones). You should aim to wear this type of bra for 2 weeks and then a more fitted surgical bra for another 4 weeks.

2. Hospital stay

Overnight stay is our recommendation or even as a day procedure in selected patients.

3. Shower

The scars will be covered by waterproof dressing. You may have a brief shower after 48 hours. Please avoid prolonged shower or bathing until the special dressings are off.

4. Driving and exercise

We do not recommend driving for 1 week. We do not recommend any strenuous activities or weightlifting for 6 weeks.

5. Pain and discomfort

It is normal to experience mild pain. Please take regular paracetamol 1000mg four times per day with additional pain relief prescribed by the anaesthetist.

6. Drain Management

Depending on where the surgery is performed, there will either be nursing support to visit your home or you will be educated by your breast care nurses about drain care. Drains usually stays in for around 5-7 days or longer if the output is more than 50mls per day.