



POST-OPERATIVE CARE

BREAST SURGERY


WELCOME

We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that you're informed ahead of your surgery about your own Post-Operative Care.

We've prepared this Guide to highlight the Do's and Don'ts of Post-Operative Care so you can optimise your own recovery. We've also outlined when you should seek medical advice. We do hope you find it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633. Remember, your well-being is our top priority, and we're here for you every step of the way.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

POST-OP CARE



BRUISING & SWELLING

Bruising and swelling will be at its peak in the first 2-3 weeks post surgery. Bruising can last 3-4 weeks and swelling for up to 6 months. It is normal to feel pain or discomfort for 3-4 weeks.

- DO NOT** push with your arms to get out of bed for 48 hours.
- DO NOT** make large movements with your arm for 4-6 weeks.
- DO NOT** raise your arms above shoulder height.
- DO NOT** lift anything heavy.
- DO** use clean cold packs (or ice wrapped in a dry washcloth). Apply for 20 mins, then remove for 20 mins. Repeat this process for the first 3 days.
- DO** expect to have a mild sore throat after surgery, due to surgical intubation.
- DO** be patient for swelling to disappear.



MEDICATION

You will be given pain medication which contains a mild narcotic and may make you feel light-headed or even nauseous. You will also be prescribed antibiotics to prevent infection. Anti-Inflammatories, Anti-Nausea, Laxatives, and sleep aids may also be discussed with your surgeon or the nurse team as needed.

- DO NOT** take the pain medication if it is no longer required.
- DO NOT** take Aspirin or any medication containing Aspirin or Vitamin E for 2 weeks after surgery to prevent bleeding & bruising.
- DO NOT** take any unnecessary supplements.
- DO** strictly follow your Surgeon's instructions regarding medication.
- DO** take your full course of oral antibiotics as instructed.
- DO** ask your surgeon about taking Panadol, Nurofen, or Nuromol to help manage pain.



WOUND CARE

Proper care on and around your incision sites will be critical for optimum healing.

Initial Wound Care in Thailand:

Your wound care in Thailand will be monitored by nurses and surgeons. After surgery, you will have sutures, tape, bandages, and possibly drains. Nurses will assist with bandage changes and provide instructions. Keep your bandages on for at least 24-48 hours after discharge. (Dr. Atikom recommends 24 hours, while Dr. Veerawat advises until your next appointment).

Post-Departure from Thailand:

Dr. Veerawat recommends keeping tape on your incision sites for 7 days. The tape will naturally fall away; do not manually remove it until 7 days after the nurse last applied it. If you have exposed areas, apply Chlorsig Ointment and new tape. Please ensure you request the best wound care recommendations directly from your surgeon.

As a General Guide, please:

- DO NOT** get your incisions wet for 7 days after surgery. Refer to section on Water, Humidity & Sweat Exposure.
- DO NOT** touch your incisions without gloves until healed over.
DO NOT pull on stitches, even if they are protruding. See Suture Care.
- DO NOT** sunbathe or expose your incisions to sunlight for 2 months. Sunlight can darken scars. After 2 months, use a high-SPF sunscreen.
- DO NOT** wear an underwire bra for 6 weeks unless otherwise instructed by your surgeon.
- DO** apply an antibiotic ointment (Chlorsig Ointment, Polysporin) twice daily upon arrival home (or as advised by your Surgeon). Use clean gloves or cotton buds.
- DO** remove your bandages after 24-48 hours, or as instructed by your Surgeon.
- DO** gently clean around the bandage area and pat dry with a clean towel once drains, if any, are removed.
- DO** schedule a check up with your GP to review your incision sites within 1 week after getting home.

Doctor-Specific Instructions:

Dr. Veerawat: Keep the tape on until your next appointment. Do not get your incisions wet for 7 days after surgery. Refer to the section on Water, Humidity & Sweat Exposure. Dr Veerawat will cover the incisions with waterproof bandages, allowing you to shower, but ensure the bandage dries after showering.

Dr Kamolwan, Dr Pornthep, and Dr Atikom: They do not cover the incisions after the first 24-48 hours post-discharge. After removing stitches, no bandage cover is needed unless complications arise (e.g., necrosis) or nipple graft cases. The doctor will inform you directly of the follow-up date. You can shower normally after removing the bandage.

Please Note: The information provided here is general in nature and may not cover all individual circumstances. If your surgeon is not included here, please ensure you request the best wound care recommendations directly from your Surgeon. Always follow the specific advice given by your Surgeon to ensure optimal recovery and minimize risks.



SMOKING

Smoking or vaping nicotine and marijuana use can delay wound healing.

- DO NOT** smoke, vape or use nicotine patches for 6 weeks.
- DO NOT** smoke or ingest marijuana/cannabis for 6 weeks.



WATER, HUMIDITY & SWEAT EXPOSURE

To reduce your risk of infection, you **MUST** keep your incisions dry for 7 days. Even a 5-minute walk in Thailand's humid conditions or a dip in a pool or hot tub significantly increases your chance of infection.

- DO NOT** unnecessarily expose yourself to water, humidity or sweat.
- DO NOT** swim in pools, ocean, spa, jacuzzi, or sauna for 2 months.
- DO** stay inside, preferably in climate-controlled areas to avoid humidity.
- DO** avoid any physical exertion - even mild exertion (i.e. walking).
- DO** use a blow dryer on a low setting at least 10 inches from your incision site to help keep the area dry, especially after showering.



DRAINS AFTER SURGERY

Drains are used for most breast surgery cases to help fluid leave the body quickly and expedite healing. It's common for drains to be removed before you leave the hospital, however in some cases you may need to wear your drains to the hotel for several days. Once you are excreting the normal amount of fluid, the team will arrange return to the hospital for drain removal.

- DO NOT** try to remove your drains on your own.
- DO** wait until drains are removed before showering. Once drains are removed, carefully clean around the bandage area and pat dry afterwards with a clean towel.
- DO** use an absorption matt on your bed to avoid staining the bedding and getting charged by the hotel.
- DO** keep your drain wounds clean with bandages after removal or as advised by nurse.



SLEEP AND REST

Rest is critical after surgery to enable your body to recover. After Breast Surgery, allow for 2 weeks of rest.

- DO NOT** sleep on your side or front for 6 weeks. Instead, sleep only on your back.
- DO** keep your head elevated with 2 pillows to help with swelling.
- DO** use 2 pillows on either side of your waist to keep you from turning on to your side and to rest your arms on.



FOOD & DRINK

There are certain things to avoid to reduce your risk of post-surgery complications. In any foreign country, the food may contain contaminants, bacteria, viruses or parasites that your body won't be used to that may cause post-operative complications.

- DO NOT** consume alcohol for at least 2 - 3 weeks.
- DO NOT** eat undercooked or raw food, including sushi or salads.
- DO NOT** eat food that has been sitting for a long time. Make sure it's freshly cooked.
- DO NOT** consume ice that may have been made with tap water.
- DO NOT** eat at Thai seafood markets.
- DO** drink plenty of water. Opt for bottled water.
- DO** eat fruits that can be peeled.
- DO** use hand sanitiser before and after eating.



EXERCISE

Exercising too soon after surgery dramatically increases your risk of complications (ie capsular contracture, breast implant movement, bleeding or hematoma) and extends your initial recovery period.

- DO NOT** do any activity that elevates your blood pressure for 6 weeks.
- DO NOT** do any exercise for 6 weeks.
- DO NOT** lift anything over 5kg for 6 weeks.
- DO NOT** swim for at least 8 weeks.
- DO NOT** lift weights for at least 8 weeks.
- DO NOT** do any contact sports for at least 6 months.
- DO NOT** do any exercises that will tighten chest muscles (push-ups).



SUTURE CARE

You will have 2 types of sutures used for your breast surgery. Dissolvable and Non-Dissolvable sutures. Majority of your non-dissolvable sutures will be removed prior your departure from Thailand. These are black or blue in colour. Dissolvable sutures will be left intact, they are clear or white in colour.

When it comes to sutures, it's not uncommon for any remaining sutures to make their way to the surface of your skin. Most of the time, you can either feel them poking through, or your body may form a small opening/hole, or a pimple appearance. This is usually a suture that is trying to make its way out, also known as a stitch abscess.



Black or Blue sutures are usually "non-dissolvable", and will need to be removed by your GP. The area then needs to be kept clean with Betadine, with a topical anti-biotic Chlorsig ointment applied with a bandage and changed every 2-3 days, until healed (1-2 weeks).

If the suture is clear or white, this is usually a "dissolvable suture". These sutures are meant to be remaining and should NOT be removed. If they are poking out, you can clip them so that they are flush with the skin, but do not tweeze or pull them out. If the area is open, irritated, or looks like a sore/pimple, the area then needs to be kept clean, with a topical anti-biotic applied with a bandage and changed every 2-3 days, until healed (1-2 weeks).

Any signs of infection such as spreading redness, hot skin, fever, or severe pain, please see your GP urgently.



POST-SURGERY GARMENTS

These are vital to post-operative care and should be worn around the clock for 2 months post-surgery. They reduce your risk of blood clots, help keep the breast firmly in place while healing begins, stabilise breast implants, alleviate discomfort, help reduce swelling and bruising.

Each surgeon will recommend the best post-surgery garment based on your case. The most common garments recommended are sports bra style garments, but you may also be recommended a more soft bralette style bra, tube top, and sometimes an elastic breast band.

- DO NOT** wear an underwire bra for 6 weeks unless otherwise instructed by surgeon.
- DO** wear Post-Surgery garment 24 hours a day for 6 - 8 weeks.
- DO** continue to wear bras to sustain your results.
- DO** wear your breast stabiliser band if directed by your surgeon, send progress photos every 2 weeks.
- DO** ask about a symmastia bra if you feel that your implants are moving inward.



BREAST IMPLANTS “THE DROP & FLUFF”

Breast implants are placed quite high on your chest to account for the natural dropping that will occur. Your implants will drop and come away from the chest wall over the course of 6 months. This generally increases the appearance of their size, cleavage and shape definition, and more movement of the implant.

- DO NOT** panic if one implant is dropping quicker than the other.
- DO NOT** panic if your implant size and shape seems odd for the first month after surgery.
- DO** expect increased movement of your implants, including laterally from side to side
- DO** expect some strange squeaky noises coming from your implants



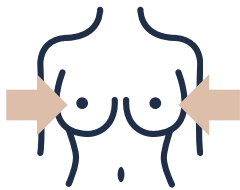
MASSAGING BREASTS (TO BE CONFIRMED WITH YOUR SURGEON)

Do you have ROUND implants? If so, your Surgeon may recommend massaging your breasts 1 month after surgery. The following is provided as a guide only. As always, follow your Surgeon's instructions closely.

HOW TO MASSAGE BREAST IMPLANTS

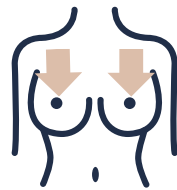
DURATION 5 - 10 minutes

FREQUENCY Twice a day - morning and evening for 6 months.



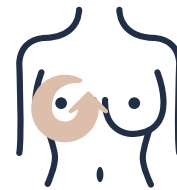
1. IN

Place both hands on the **SIDE** of the breasts and gently push **INWARDS**. Hold for a few seconds then release.



2. UP & BACK

Place both hands on the **TOP** of the breasts and gently push **DOWNWARDS**. Hold for a few seconds then release.



3. AROUND

Using all fingers on the opposite hand, gently massage in a **CIRCULAR** motion. You should feel the implant moving. Repeat on other breast.



SCAR CARE & TREATMENT

Everyone will scar differently depending on skin genetics. It's important to prioritize your scar care after surgery to ensure the best results. Keep in mind your scars will continue to improve over the course of 1-2 years.

DO NOT start scar topicals until 3-4 weeks post surgery.
DO NOT use scar topicals on open wounds or scabs.

DO use Silicone Gel Strips.
 DO use StrataDerm Gel.
 DO continue Scar treatment for 6 Months post-surgery.
 DO speak with a local skin clinic if you're interested in laser treatment or professional scar treatment.

WHEN TO SEEK HELP

Wondering if what you're experiencing is part of the normal healing process? It can often be difficult to decipher when you should seek help after your surgery. If in doubt, please use the Checklist below as a guide.

PATIENT CHECKLIST	YES	NO
Do you have a fever higher than 38°C?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing sharp pain?	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed that pain killers aren't helping to reduce your pain and/or fever?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any sudden & visible swelling?	<input type="checkbox"/>	<input type="checkbox"/>
Do your breasts feel like they are bursting?	<input type="checkbox"/>	<input type="checkbox"/>
Are your incision sites red and hot?	<input type="checkbox"/>	<input type="checkbox"/>
Do you see puss or unusual discharge coming from your incision sites?	<input type="checkbox"/>	<input type="checkbox"/>
Have you formed any excessive bruising since leaving Thailand?	<input type="checkbox"/>	<input type="checkbox"/>
Is one or more of your breasts becoming hard or feel stuck after 4 weeks?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer 'Yes' to any of the above it may be a sign of infection or complication. In which case, you should contact your Surgeon immediately. We're also here to support you. If you'd like to discuss any part of your recovery, please connect with your Client Manager.

SURGEON NOTES

Medications Prescribed:

Medication Instructions:

Post Op Garment:

Massage:

Special Instructions:

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.