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Consultant Plastic Surgeon

ONE WEEK POST OPERATIVE ADVICE SHEET

BILATERAL BREAST AUGMENTATION SURGERY

1. Showering

You will now be able to shower and allow the paper tapes to get wet. If these need to be dried prior to donning clothing one can use a hairdryer on cool mode.

Please do not have any baths for 4 weeks post operatively.

2. Tape/scar management

The tapes will fall off naturally approximately 2-3 weeks following the operation. When they fall off use a simple moisturiser (eg Nivea, E45, Bio-oil) and massage the scars lengthwise.

3. Brassiere

At the **4 week post operative stage** you will be able to wear a normal underwired bra.

4. Exercise

You will be able to go back to power walking at the **4 week post operative stage** leading on to jogging as pain permits.

You can resume normal full upper and lower body exercise after the **6-8 post operative visit** with Mr Fogarty.

If you have any concerns whatsoever please email me at info@fogartyplasticsurgery.com