

Breast Surgery Information

Wounds

Please leave all dressings intact until your follow up appointment with the Doctor. If dressings become severely blood stained or wet, they can be replaced.

If you have a reaction to the dressing please also remove and leave steri-strips intact (under waterproof dressing).

There are no sutures that need to be removed as they are all internal and dissolvable.

Do not swim in a pool, ocean or spa for 3 weeks.

Do not rub creams or oils into wound for 3 weeks.

Showering

You can shower as normal however be careful not to soak the area. Pat dry area with towel and when waterproof dressing has been removed you can dry off the area with a cool hairdryer.

Pain Relief

Regular Panadol is advisable for pain. Also, an ice pack may help if bruising and swelling evident.

Wearing a soft bra (without underwire) may also be more comfortable for a few weeks. Bra can be worn day & night for comfort.

Signs of Infection

Should you develop a fever or the wound becomes hot, red, sore to touch or any discharge please contact the rooms.

Please feel free to contact us anytime should you have any questions or concerns

Skye & Jayne - Practice Nurses 07 5598 0644

Monday - Thursday practicenurse@goldcoastsurgicalgroup.com

Ward 3B – Women's Health – John Flynn Hospital 07 5598 9037

Pindara Private Hospital Patients – Please phone the rooms on 07 5598 0644

Consulting Locations:

Suite 402, John Flynn Specialist Suites * Suite 8, Ground Floor, HQ Building, 58 Riverwalk Ave, Robina

Operating Locations:

John Flynn Private Hospital * Pindara Private Hospital * Tweed Heads Public Hospital