



Mr Markus Nikitins

83 Kensington Road Norwood

All enquiries: 8223 7870

Post Operative Instructions

Breast Surgery

Your next appointment is:



Reviewed by Consumer Representative
2024-05

If you are unable to keep this appointment, please ring 8223 7870

- Depending on your procedure, you may have been given stronger pain relief medication otherwise, regular Paracetamol taken regularly should be adequate.
- Common sense restriction of physical activity in the early post-operative phase is necessary to avoid potential pain, bleeding or wound disruption.
- Avoid heavy lifting or straining.
- You may experience minor bleeding and fluid seepage from the wound. This is normal. If bleeding continues apply firm pressure to the area for 5-10 minutes. This should help stop the bleeding.
- Hypafix (white tape) is used to support your surgical wound. It can get wet and may be gently dried with a clean, dry towel. The tape will be changed at your first post-operative appointment and weekly thereafter at home.

If you have any concerns, please contact your surgeon on 8223 7870 during business hours