

## Breast implant operation

These instructions are intended for printing. The instructions contain sections to be filled in.

### Procedure

The operation is carried out under general anaesthesia. The prosthesis operation can be performed in one or two stages.

In the two-stage procedure, a tissue expander is first placed under the skin of the chest wall behind the muscle where it will make room for the final implant. The tissue expander is progressively inflated at regular intervals with saline solution (sterile salt water) at the outpatient clinic following a schedule made by your doctor. During the second operation of the two-stage process, the tissue expander is replaced with the final prosthesis. In the operation with just one stage, the prosthesis is placed under the skin without an expander.

### Recovery

You may move about as much as you feel able to immediately after the operation. You should avoid very heavy physical exercise and lifting heavy objects during the sick leave. During the operation, drains may be inserted in the breasts to allow any blood and tissue fluid to drain away. The drains will be removed according to separate instructions, for example, at your local health centre.

### Wound care

Your wounds are protected with surgical tape. Replace any loose and dirty tape with clean ones. The tapes should be replaced at least once a week in any case. You may take a shower the day after the operation. Sauna is not recommended until your wounds have healed. Swimming is forbidden.

Surgical tape (Micropore) is used for 1 to 2 months. The tape protects the wound from chafing and supports the wound edges. Surgical tape may also help to prevent the formation of excessive scar tissue.

If a drain is inserted, it can be removed at a health centre according to the instructions given by the surgeon. This should be done no later than 7 days after the operation.

## Post-op bra

You will need to wear a post-op bra according to separately provided instructions. Usually the bra is worn around the clock for 3 to 4 weeks after the operation.

## Pain management

During the first week after the operation, you may feel some discomfort from tightness, swelling and bruising. We recommend you take painkillers regularly for 1 to 4 days and after that as needed.

Paracetamol

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Anti-inflammatory painkiller

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Other medicine

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Follow-up check 1 to 2 months later.

Sick leave about 4 weeks.

## Contacting us

If you have symptoms of inflammation (increasing pain, heavy swelling, heat, redness, continuous purulent discharge from the wound) or some other problem, please primarily contact the unit that treated you:

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117