

Specialising in Advanced Keyhole Surgery

Hernia

Gall Bladder

Weight Loss

Reflux / Hiatus Hernia

Excessive Sweating

Facial Blushing

Carpal Tunnel

Bowel

**If you require further information on any of these services,
please contact us on (03) 9760 2777**



2 Langwith Avenue, Boronia, Victoria 3155
Telephone (03) 9760 2777 Facsimile (03) 9761 0207
www.lapsurgeryaustralia.com.au

DISCHARGE INSTRUCTIONS

Breast Surgery / Biopsy

- MR RAY McHENRY
- MR CHRIS HENSMAN

- MR RICHARD GILHOME

Your next appointment has been made at:

- LANGWITH CONSULTING SUITES**
2 Langwith Avenue,
Boronia
- THE VALLEY PRIVATE HOSPITAL**
Churchill Consulting Suites
Cnr Police & Gladstone Road, Mulgrave
- ROSEBUD SURGICENTRE**
1537 Point Nepean Road
Rosebud West
- THE BAYS PRIVATE HOSPITAL**
Vale Street,
Mornington
- ST JOHN OF GOD HOSPITAL**
Consulting Suites
Suite 4, 8 Gibb Street, Berwick

Day _____

Date _____

Time _____

DISCHARGE INSTRUCTIONS: Breast Surgery/Biopsy

Please note:

Within 24 Hours of your Operation you must not:

- Drive a car nor take public transport unaccompanied.
- Operate Machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions.

Analgesia:

- Take Paracetamol [eg. Panadol] or Panadeine or prescribed medication regularly or as required for comfort.
- Do not drive or operate machinery if taking prescribed medication.

Activity:

- Quiet indoor activity for 3-4 days following surgery.
- Avoid any heavy lifting, or household duties such as vacuuming. for 2 weeks after surgery.
- Wear a loose fitting bra or crop top day and night for the first week or so to assist in supporting the breast.

Care of the Wound:

- Leave dressings in place until your review appointment with the Dr. or Nurse in the Rooms.
- You may have been discharged with a drain tube in-situ. You will be instructed on care of this prior to discharge.

- If sutures are present these will be removed at the time of the review appointment.
- Generally you will have waterproof dressings in place which you can shower with but if you have any concerns please do not hesitate to contact the Rooms.

On-Going Care:

- An appointment will be made for you prior to your discharge from hospital. Your results will be discussed with you at this time.
- If not, please call our rooms on **9760 2777** to arrange your post operative appointment.

Notify the Rooms :

- If you experience any problems with your wound including abnormal redness, pain or discharge.
- You develop a fever or get hot/cold flushes
- Your pain is not being relieved by the analgesia you are using.

Out of Hours: Ph: 9760 2777

- A recorded message will give you details of how to contact the Surgeon on call, who will assist you with your concerns.
- If you are unable to contact the Surgeon on call, go to the Emergency Dept of either Knox Private Hospital or the Valley Private Hospital. There will be an out-of-pocket cost for this visit.