



Dr. Tienie van Rooyen

M B C H B (P R E T) M M E D (P L A S T S U R G) (P R E T)

AFTERCARE INFORMATION Breast Surgery General Aftercare

Please ensure that all fees are paid in full at least one week prior to the procedure

AUTHORIZATION (Rarely necessary with these procedures - if it is, the doctor would have discussed this with you)

- If your procedure is related to medical reasons and goes through your medical aid you will receive a motivational letter from our offices. (Please be patient this may take a few days)
- Please make sure that you have obtained authorization for the specific operation codes provided.
- Please do not wait too long to get Authorization. No admissions will be done without prior approval.
- Please confirm with us whether you have a co-payment to make at info@drvanrooyen.co.za..
- **IT IS THE PATIENTS SOLE RESPONSIBILITY TO OBTAIN AUTHORIZATION**

PREPARING FOR THE OPERATION

- **The day before:**
 - If applicable to you – Please remember to pay the co-payment.
 - If you are operated in the morning, you are not allowed to eat or drink anything from 00:00 the previous night.
 - If you are operated in the afternoon, after 13:00 you can still have a light breakfast/light meal, but not later than 6am.
- You will be notified a week before your operation of the admission and theatre time.
- Please make sure that you have loose comfortable clothing to wear after theatre, not tights or skinny jeans (any breast, abdomen or lipo procedure). It will be uncomfortable and painful to pull up any tight clothing.
- **In the ward:**
 - The anesthetist will come and see you in the ward and you will be given a tablet/suppository to minimize the pain after theatre.
- **In the theatre:**
 - I will see you before theatre to make sure I have the right measurements.
 - A drip will be inserted through which the antibiotics, anesthesia and other medications will be given.
 - The drip will stay up until you can take fluids orally after the operation.
 - ECG stickers as well as a blood pressure cuff will be applied; this is for safe monitoring while you are under anesthesia.
 - Depending on the type of surgery you may wake up with drainage tubes.
 - When drainage tubes are inserted, the hospital/day clinic personnel will show you how to take measurements and take the reading.

(DO NOT LEAVE WITHOUT THEM EXPLAINING THIS TO YOU OR A FAMILY MEMBER)



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NB: Please make sure you understand how to measure the drainage and how to empty the porto-vac before being discharged.

Measure the drainage at twelve hour intervals (preferably at 7:30 PM and 7:30 AM).

Please contact our reception every morning after you have measured the drainage and provide us with the readings for each drain separately. A staff member will then inform you if your drainage readings are low enough. If they are low enough, the staff member will inform you of an appropriate time to come in and have the drainage tubes removed.

Patients who have not yet removed their drainage tubes by Friday will receive an SMS from a cellphone number. On Saturday you can send an SMS at 8AM with the separate measurements of each drain, after which you will receive a response as to what time doctor will receive you at the consultation rooms in order to remove your drainage tubes.

- **After theatre:**

- You will go back to the ward where you were admitted. In case of high care, you will go to high care where all of your belongings will be.
- If you have pain or if you are nauseous please inform the nursing staff.
- I will see you in the ward after my scheduled surgeries have been completed.
- If you are well enough and had something to drink and went to the bathroom you will be discharged.
- If you do sleep over I will see you the next day before or after my scheduled surgeries.
- Sometimes I do get very busy. **Please note** that I will never forget about a patient and that patience should be practiced.

- **Your wounds:**

- There will be plasters on the wounds and over the drainage tubes. These will only be removed when the tubes are taken out.
- If you **DO NOT** have drainage tubes you may remove the plasters after 48hours or as instructed by Dr van Rooyen/his personnel.
- The plasters may not get wet when you still have the drainage tubes intact. Please be careful when bathing, as you might pull out the tubes.

DISCHARGE/MEDICATION/SICK LEAVE:

- Depending on the procedure you will be discharged the same day or as discussed with you during consultation.
- You will receive a script for medication to take home.
- Please arrange with your work that you will be on sick lfor 10 days..
- **At home:**
 - Please take it calmly for the first few days
 - If anything worries you, please contact the rooms.
 - It is completely normal for the one breast to be a bit more swollen than the other.
 - It is normal to experience fleet, sharp shooting type of pain for up to six weeks after the operation.
 - It is completely normal to either have loss of sensation or be over sensitive around your nipples for up to nine months after the operation.

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- You might feel little bumps when pressing/rubbing over the scar, this is the inside stitches and will dissolve over time.
- Please do phone immediately when one breast is suddenly substantially larger than the other, you experience a lot of pain and/or the breast is hot and/or red around the wounds or breast.

THE FOLLOWING ARE COMPLICATIONS THAT CAN OCCUR DURING ANY OPERATION:

- Seromas
- Sepsis
- Hematomas or bleeding
- Anesthetic complications

Although I do my best to prevent these complications, they are all still a possibility. I will, however, handle such complications appropriately and immediately.

You will be asked to sign consent for all operations. This is necessary due to possible complications or difficult surgeries. Please note this is the exception rather than the rule.

FOLLOW-UP APPOINTMENTS

1. Removal of drainage (as soon as the my rooms tell you that you are ready)
2. 1 Week post-operative: Follow-up
3. 6 Week post-operative: Follow-up
4. 3 Month post-operative: Follow-up

IMPORTANT INFORMATION

1. It is important to see Dr van Rooyen for all follow-up appointments.
2. You have to wear a post-operative bra after surgery for six weeks. We sell these bra's at the practice. You could also wear a sports bra as long as it does not have any under wire and it closes and opens in the front. (After surgery you will not be able to open a bra at the back.) Cosmetic patients will receive 1 bra included with their surgery. Medical Aid patients will have to purchase one from our practice.
3. You have to sleep with the bra for 1 week.
4. For three months after the operation you are not allowed to wear a bra with under wire.
5. We sell scarring cream at our practice alternatively you can use a pure vitamin E or tissue oil for scars. (Only use the cream/oil once all the scabs have completely fallen off.)
6. You can start to drive 10 days after the operation but may find it uncomfortable with the safety belt.
7. You can start to gym/exercise six weeks after the operation.
8. It takes six weeks for the swelling to go down but your breasts can still be swollen and sensitive for about three months.

Please do not hesitate to contact the rooms if you have any concerns or queries or in the case of severe swelling, bruising, redness or fever.

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