

ABSOLUTE  
COSMETIC MEDICINE

## BREAST AUGMENTATION PROCEDURE CHECKLIST

Dear Patient,

Please find below important information regarding your procedure. If you have ANY questions at all, please do not hesitate to call our office on (08) 9389 9099 or email [drmurray@absolutecosmetic.com.au](mailto:drmurray@absolutecosmetic.com.au).

Please watch the following educational videos regarding your pre-operative and post-operative care. You can access these videos by either Google or YouTube. Just type in the following sentences:

Video 1 - Patient General Preop Information Dr. Murray

Video 2 - Operative Day Education Dr. Murray

Video 3 - Summary of Operative Care Important Points Dr Murray

If you have any problems accessing these links please contact the Practice Manager and she will send you an email link for each one.

### FORMS - PLEASE BRING YOUR PROCEDURE PACK WITH YOU ON PROCEDURE DAY.

Please return and initial ALL the consent forms. Your theatre nurse will witness your forms with you on the day of your procedure. If you have any questions regarding any matters on the consent forms please do not hesitate to contact the clinic.

PLEASE ENSURE YOU UNDERSTAND ALL THE FORMS.

### PAYMENTS

FINAL PAYMENT is required SEVEN (7) DAYS BEFORE your procedure date and can be paid by;

Electronic Bank Transfer

BSB NUMBER: 086-334

ACCOUNT NUMBER: 56 227 0977

ACCOUNT NAME: Nixen Pty Ltd

REFERENCE: Please use your full name

We accept bank cheques, VISA, Mastercard, American Express or EFTPOS.

Unfortunately we DO NOT ACCEPT personal cheques.

A deposit of \$2,200 is required to book all procedures (non-refundable unless under special circumstances).

Your procedure deposit is NON-REFUNDABLE. Non-attendance or failure to comply with pre-operative instructions may incur full charges.

PLEASE CALL THE THEATRE COORDINATOR  
AS SOON AS YOU RECEIVE THIS PACK

(08) 9389 9099

## PRE-OPERATIVE

### BLOOD TESTS

Your blood tests need to be done at least 2 weeks (14 days) prior to your procedure. Your results will be sent directly to the clinic and we will only contact you if your Doctor wishes to discuss the results with you.

### BODY CARE

A thorough Chlorhexidine body and hair wash (antibacterial) is necessary on the morning of the procedure. This can be purchased from your local pharmacy.

If you have long hair please tie back and remove all jewellery and piercings except wedding rings. Breast patients must not wear perfume, nail polish, deodorant or make-up.

### WHEELCHAIR

If you require a wheelchair, one can be picked up from our Nedlands clinic the day before your procedure (a \$100 deposit is required).

### GARMENT

To order and pay for your garment please contact the garment company. There is an order form in your procedure pack. Please have your measurements ready to give over the phone or alternatively, arrange a time for a fitting at their offices. Your garment will be delivered to Absolute Cosmetic Medicine in NEDLANDS.

Breast patients are to wear a surgical bra for SIX (6) weeks.

### SMOKING AND ALCOHOL

It is advisable that you keep your alcohol intake to a minimum for the week prior to your procedure. SMOKING IS NOT PERMITTED pre-operatively for two (2) weeks and for six (6) to eight (8) weeks post-operatively. Nicotine patches are permitted. Please note if you smoke within the two (2) weeks prior to your procedure, your procedure may be cancelled.

### CLOTHING

For your comfort please wear LOOSE, DARK, COMFORTABLE clothing with buttons on the front - i.e. a tracksuit - NO tight jeans, pants, belts or tight tops. Flat shoes only please.

### FASTING

Please fast for six (6) hours - NO food or fluids - pre-operatively.

### ALLERGIES

PLEASE ensure you alert your Doctor to any ALLERGIES that you have to any MEDICATION, LATEX, BETADINE, CHLORHEXIDINE, or sticking PLASTERS/TAPES.

### MEDICATIONS - BRING ALL MEDICATIONS ON PROCEDURE DAY

Please DO NOT take Aspirin/Nurofen/Vitamin E/Fish Oil/Green Tea or anti-inflammatories ten (10) days prior to your procedure. If these medications are essential for your medical condition please inform your Doctor immediately.

- Cephalexin 500mg (Antibiotic) - 1 capsule four times per day.  
Please start the evening prior to your procedure and take one on the morning of the procedure with a sip of water.
- Ondansetron 4 mg – 1 tablet, 12 hourly.
- Stemetil 5mg - 1 tablet 4-6 hourly as required for nausea.  
Before antibiotics and pain relief is the most beneficial.  
(Breast Augmentation patients can take 1 Zofran wafer under the tongue 12 hourly for nausea.)
- Panadeine Forte - 1-2 tablets four hourly as required for pain.

Additional medication may be provided on the day of surgery by Dr Murray or the anaesthetist.

## POST-OPERATIVE

### DRIVING AND SUPERVISION

Because you are having sedation YOU ARE NOT PERMITTED to drive for twenty-four (24) hours following your procedure. You will only be DISCHARGED after your procedure to a RESPONSIBLE ADULT, who must sign a discharge form, and you are required to have ADULT SUPERVISION FOR 24 HOURS POST-OPERATIVELY. You will not be discharged from the clinic after your procedure if you are travelling by taxi/Uber or staying alone for the first twenty-four (24) hours. You will be admitted to hospital, which will incur extra charges. We can provide you with the details of an organisation that can arrange a carer for you, at your cost. Breast patients must not drive for 1-2 weeks.

### ACCOMMODATION

Ground floor accommodation is preferred, less than thirty (30) minutes from the Nedlands clinic.

### SHOWERING

Showering is NOT permitted until the DAY AFTER your procedure and you have had your dressings changed by the nurses, you will also be reviewed by your Doctor. Please see attached shower instructions.

### REST

You must rest for 24 hours (strictly) and follow Doctor's instructions.

### EXERCISE

Breast patients must not lift for 2 weeks and must lift only light (<1kg) objects for 6 weeks post-procedure. Light exercise can be commenced at 6 weeks, and full exercise by 12 weeks. DO NOT LIFT your arms above shoulder height for 2 weeks. Always ask the Doctor first before commencing exercise.

### TED STOCKINGS

You are required to wear your stockings during your procedure and for TWO WEEKS post-procedure. Your stockings will be supplied to you on the day of your procedure. These prevent life threatening blood clots.

### APPOINTMENTS

Will be made for Day 1, Day 2, Day 5 and Day 13.

### MOBILE PHONE

**You must leave your phone and that of your carer's on and nearby during the first night. THIS IS VERY IMPORTANT.**

### QUERIES OR CONCERNS

If you have any questions regarding your procedure please contact our office on (08) 9389 9099.

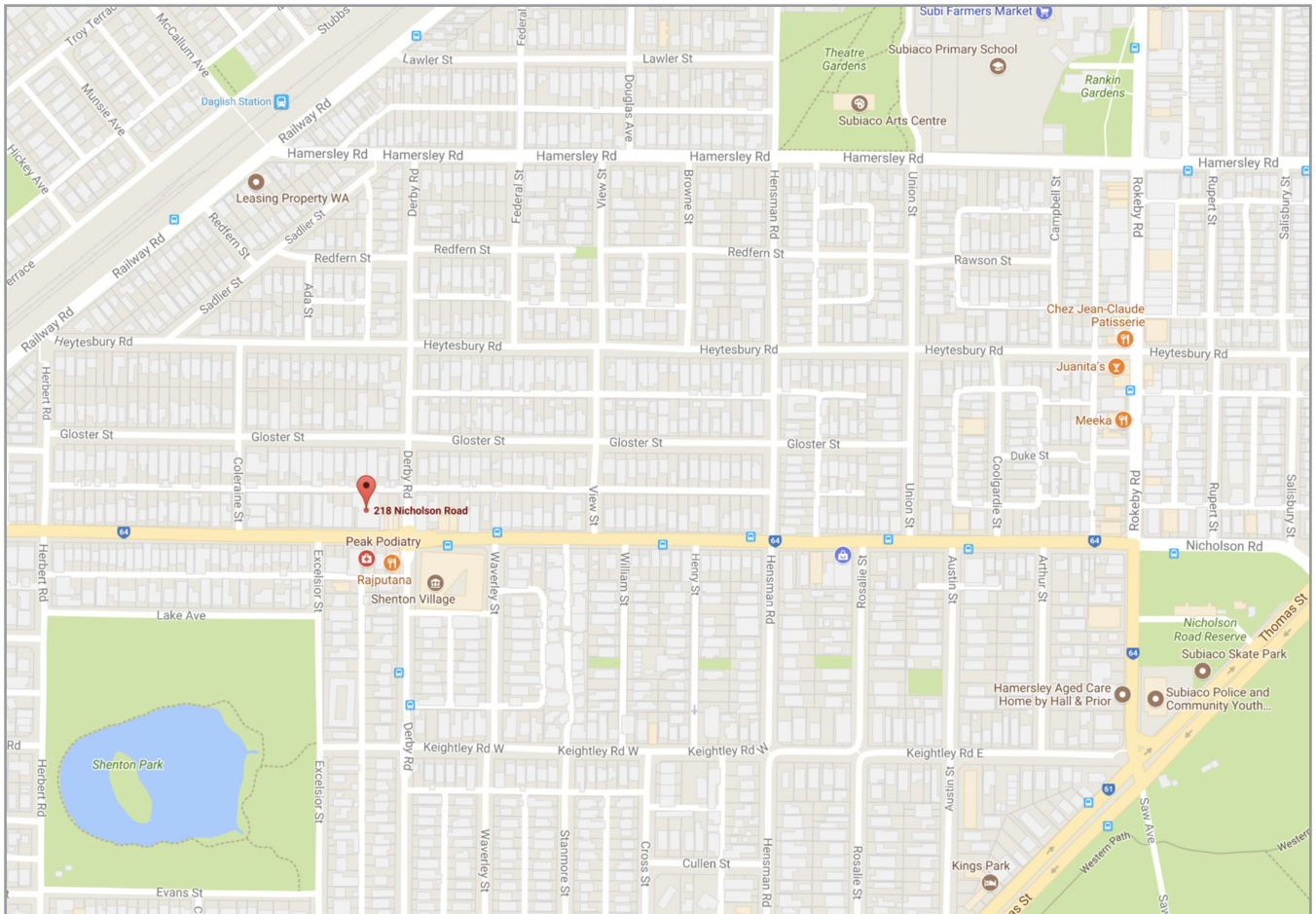
**IT IS VERY IMPORTANT FOR YOUR RECOVERY THAT YOU REPORT PROBLEMS IMMEDIATELY.**

### 24 HOUR CONTACTS

**Dr Murray**      **H:** 9385 4991      **M:** 0412 366 872      **Nurse:** 0413 835 867

*This is a guide only – no responsibility is taken for incomplete patient enquiries.*

# BREAST PATIENTS WHERE WE ARE:



**BREAST PATIENTS ONLY**  
**Concept Fertility Clinic and Day Surgery Hospital**  
218 Nicholson Road, Subiaco, WA 6008

Phone: 08 9382 2388

Fax: 08 9381 3603

Email: [concept@conceptfert.com.au](mailto:concept@conceptfert.com.au)

Web: [www.conceptfertility.com.au](http://www.conceptfertility.com.au)



[www.absolutecosmetic.com.au](http://www.absolutecosmetic.com.au)