

## Dressing change letter for Mastopexy (Breast lift)

Dear Doctor or Nurse,

Thank you for the review and management of our patient. This patient has undergone breast augmentation with mastopexy or mastopexy surgery with Dr Ian Chinsee. This patient will require a dressing change at weeks 1, 2 and 3. Our patient is also aware that in summer, more frequent dressing changes may be required if he/she gets hot or sweaty to prevent infection (e.g., he/she may require two dressing changes per week instead of one).

Dressing change instructions: Please ensure Aseptic Non-Touch Technique (ANTT) throughout:

1. Please wash your hands and wear gloves
2. Please remove old dressings; keep in mind the altered sensation and swelling can cause discomfort to the patient.
3. Mastopexy patients will have a layer of Prineo (adhering glue/tape mesh like) which should be left on until week two. Only the waterproof dressing should be changed at week one.
4. Clean the incision with chlorhexidine 0.05% solution wiping away old blood or ooze. (The patient may still have pen mark present if appropriate it can be cleaned off.)
5. With the patient's mobile phone please take photos of both the incisions (week one will have Prineo tape still on top of the incisions) as well as when the dressing changes are completed of the area, and have the patient send them to send into clinic to monitor the healing process.
6. In the event of wound compromise or a suspected infection please perform wound swabs and commence Antibiotics if required.
7. Stitches around the areola require removal at week 2. The areola stitching is one long blue prolene stitch that will require you to cut at multiple points and then pull the threads out in pieces. There may be slight separation, this is normal, you will use steri-strips to help close the final layer of skin. If the breasts are swollen at the week 2 mark and you think the pressure behind the areola is too high, please leave the stitches and remove the following week.
8. If incisions look to be healing to your satisfaction, please dress with steri-strips to all incisions and then cover over steri-strips with an island style dressing (opside, claripose, tegaderm – please cut a window in the island dressing for nipple visibility, cover with clear tegaderm). After your patient's last scheduled dressing change, they should refer to their postop instructions for further information.

Step 1-> Steri-strips applied



Step 2-> Waterproof dressing applied



## Dressing change letter for Breast Augmentation

Dear Doctor or Nurse,

Thank you for the review and management of our patient. This patient has undergone breast augmentation surgery with Dr Ian Chinsee. This patient will require a dressing change at weeks 1, 2 and 3. Our patient is also aware that in summer, more frequent dressing changes may be required if he/she gets hot or sweaty to prevent infection (e.g., he/she may require two dressing changes per week instead of one).

Dressing change instructions: Please ensure Aseptic Non-Touch Technique (ANTT) throughout:

1. Please wash your hands and apply gloves
2. Please remove old dressings; keep in mind the altered sensation and swelling can cause discomfort to the patient.
3. Clean incisions with chlorhexidine 0.05% solution wiping away old blood or ooze. (The patient may still have pen mark present if appropriate it can be cleaned off).
4. With the patient's mobile phone please take photos of both the incisions as well as when the dressing changes are completed of the area, and have the patient send them to send into clinic to monitor the healing process.
5. In the event of wound compromise, suspected infection please perform wound swabs and commence ABs if required.
6. If incisions look to be healing to your satisfaction, please dress with steri-strips to all incisions and then cover over steri-strips with an island style dressing (opside, claripose, tegaderm). After your patient's last scheduled dressing change, they should refer to their postop instructions for further information.

Step 1-> Steri-strips applied



Step 2-> Opsite dressing applied



## Week 4-6 at home dressing change instructions

After the first three weeks of in clinic or GP dressing changes, and pending there are no wound breakdowns or infections, you will be responsible for ensuring all your incisions remain clean, dry and supported.

You will need to either purchase from a chemist or Inigo Cosmetic the appropriate dressing change consumables to wear from week four up until your review with Dr Ian Chinsee at week six.

Dressing change instructions:

One week following your last dressing change in clinic or with your GP, you can remove all your dressings and shower normally. Please be mindful of towel hygiene and ensure you're not vigorous with cleaning and drying. Please wash your hands prior to touching your breast area.

1. For **breast augmentation patients**: Once dry, place a thin layer of Stratamed to dry, this may take a couple of minutes to dry. You will need to apply Stratamed morning and night.
2. For **breast augmentations with Mastopexy (breast lift) or Mastopexy (breast lift)**: Apply steri strips over all incisions and then place hypafix directly over steristrips.

Each week you will repeat this until your review with Dr Ian Chinsee at week 6. You can shower normally, and blow dry the hypafix with cool air in-between. Don't begin using your scar therapy treatments until you have approval from Dr Ian Chinsee at week 6.

### Mastopexy (breast lifts)

