

Looking after your surgical wounds

Mepilex postop dressings: In breast augmentation surgery, your surgical wounds will be covered with steri-strips and Mepilex postop dressing. Please do not get it wet for 7 days. Leave everything intact until you are seen in clinic 7-10 after surgery, when the dressing will be changed to micropore tape.

Micropore tape: Your surgical wounds will be covered with Steri-strips and tan coloured Micropore tape. Keep the areas dry for 7 days after surgery. You can then shower. After showering (no baths!), dab the tape dry with paper towel and then using a hair-dryer on a cold setting, blow dry the tape until 'bone-dry'. **Do not leave it damp as this can make the underlying wound/scar soggy.** The tape is latex-free, hypoallergenic, and kind to fragile skin. It is microporous, which means it is not occlusive and hence the need to ensure the tape is dry after showering!

Once the first dressing change has been done, you will be advised to re-apply the micropore tape *without tension* to support the scar for 3 weeks after surgery. When changing the tape, start off at one end and peel off, low and slow back over itself, supporting the fragile skin underneath with your fingers.



Drain-sites: If you have drains for your surgery, these are removed before you go home. The drain-sites are covered with small dressings. You will be given a change of these when you go home. If the white pad becomes stained with blood or fluid, change this with before your first dressing appointment. Do not leave it soggy as it can be a portal for bacterial entry and growth.

Hygiene at home: There is anecdotal evidence of surgical wound cross-infection from **household pets**. Ensure you have clean bedsheets when you return home after surgery and do not allow pets in your bedroom and no cuddles for the first 3-4 weeks!

Scar care: Once you have stopped using micropore tape 3 weeks after surgery, **massage** the scar with pressure using a non-perfumed cream or bio-oil (*do not use an old pot or bottle incase it is harbouring bugs, buy a new one*) for several weeks to months, and always use high **sun-block** for the first year in the sun. Remember scars do take a year to 18 months to fade.