



**Advanced Aesthetics**

Plastic Cosmetic Surgery & Laser Centre

Dr. Dilip Gahankari

# POST PREGNANCY WELLNESS

1300 007 300 ▪ [iplasticsurgeon.com.au](http://iplasticsurgeon.com.au)

## What's **Inside**

The decision to undergo any surgical procedure is never one to be taken lightly.

Dr. Gahankari has the skill, experience and proven record to ensure you are in the best, most capable hands. Dr. Dilip's commitment is to provide outstanding care to his patients with assurance of safety and quality in all aspects of their Plastic Surgery management. It is with this sincere philosophy that he performs every procedure.



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## The Procedure

### What is the procedure & am I a candidate?

Child birth is one of the most rewarding and monumental events in a woman's life, and one she would not trade for anything in the world. Pregnancy and child birth however can take their toll on the female body and these changes can result in low self-esteem and depression. Dr Gahankari can tailor a post pregnancy wellness surgical procedure or procedures designed to give you back your pre-baby body (in many cases, also correcting issues that pre-date the pregnancy). These surgical options include breast enlargement, breast reduction, breast lift, liposuction and tummy tuck. Dr Gahankari will discuss which procedures are suitable to you at the time of your consultation.



## The Surgery

### How is the procedure performed?

The types of surgery your tailored post pregnancy wellness procedure involves will dictate how the procedures are performed. The procedures commonly include breast enlargement, breast reduction, breast lift, liposuction and tummy tuck.

## Prepare your **Mind & Body**

Surgery is a major event for anyone, and for a short time it will have a great impact on your life.

Thorough planning and preparation will ensure your experience is a positive one and your outcome meets your expectations.





## Your **Mind**

Knowledge is power

- Have a thorough knowledge of the procedure. Ensure you have asked Dr. Gahankari any questions you have so you feel completely informed and comfortable.
- Understand that you will need time to recover and for a short time you will be incapacitated to some degree and unable to live your life the way you normally do. Allowing your body time to heal and recover will ensure your surgery is successful and you are back to your normal routine in as short a time as possible.
- Maintain a positive attitude. This surgery is something you are doing for your wellbeing and it is important to stay focused and positive.



## Your Body

### Prepare your body

- Quit smoking at least four weeks before your scheduled surgery. Smoking and nicotine make complications more likely and also slow the healing process.
- Ensure your body is as healthy as possible by eating well and exercising regularly prior to your surgery. Don't undertake any crash or fad dieting, or begin an unusually rigorous exercise program.
- Do not take any aspirin, ibuprofen or similar drugs for two weeks prior your procedure.
- Do not consume any alcohol for at least 48 hours prior your procedure.
- Remember that you should not eat or drink anything for 8 hours before the surgery.

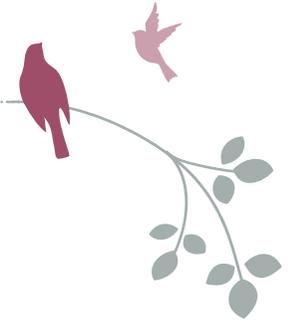
## Prepare your **Nest**

Prior to your surgery take some time to prepare your home for your return.

- Ensure your bedroom has easy access for you post-surgery. If your bedroom is upstairs, consider moving to a downstairs room for the first week after your recovery.
- Ensure that your bedroom is set up for you to be comfortable. Have a table beside your bed with items you will need such as phones, phone chargers, books, diaries and remote controls. Make sure there are plenty of pillows so you can get comfortable.
- Check that your bathroom is suitably set up, preferably with a hand held shower so you can bathe without wetting any dressings. You may also want to invest in a shower chair or sturdy plastic chair to use in the shower.
- You will not be able to do any heavy lifting immediately after your surgery, nor will you be able to drive. Ensure you have planned for this.

Continued on next page





## Your **nest** (continued)

- Organise for your groceries to be home delivered for a week or so after your surgery.
- Have some healthy meals prepared and in the fridge or freezer for the first few days after surgery when you may not feel like cooking. Also have some snacks such as protein bars in the pantry.
- Consider your pets. If you have cats or dogs that jump up on you or climb on you, it may be easier for you to have a friend mind them immediately after surgery.

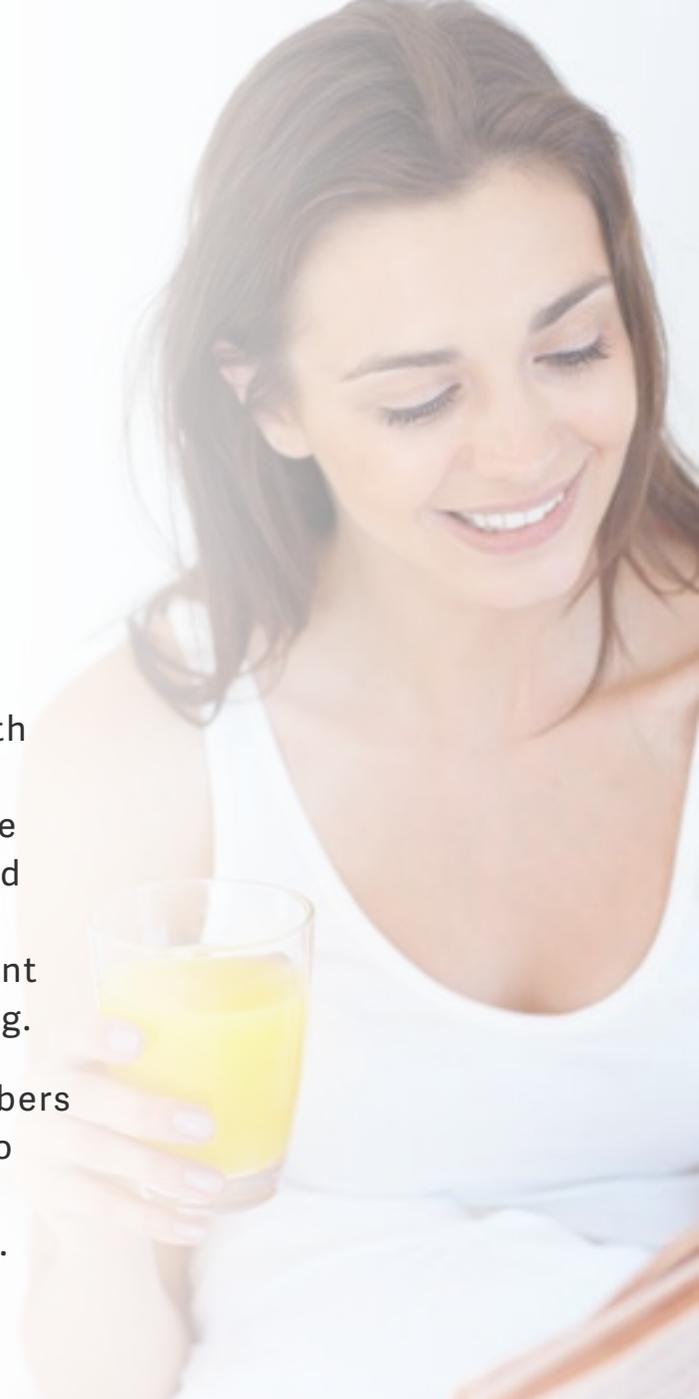
## Make sure you have:

- Ice packs
- Loose, comfortable clothing that is easy to put on and take off.
- Over the counter pain medications recommended by Dr. Gahankari.
- Antibacterial soap or body wash. Dr. Gahankari can advise the best options.
- Prune juice. Pain medication may cause constipation and prune juice is a natural way to relieve this.

## Your Support

Organise in advance for a more positive outcome

- Ensure the family and friends you have chosen to tell your surgery about know that you may need their help in the first days and weeks after your surgery. Allow them to assist you with some of your regular duties and commitments. Make sure they know what to expect on your return with regard to your capabilities.
- You'll need a friend or family member to drive you home after your surgery. If you live alone you will need someone to stay with you for a night or two. Organise this well in advance.
- Consider your schedule carefully prior to surgery and make alternative arrangements for things like driving kids to school or other commitments.
- Choose a trusted friend or family member who can help you care for any stitches and bandaging you may have. Dr. Gahankari will provide you with specific instructions on how to care for the bandages in the days following the surgery, and it is important that you follow them closely in order to prevent infection or excessive bleeding.
- Check that all the phone numbers you need are programmed into your phone or written in an address book beside your bed.





## Procedure Day

On the day of your procedure ensure you:

- Have not had anything to eat or drink for 8 hours prior to surgery
- Arrive in plenty of time
- Have any paperwork you need with you
- Wear loose comfortable clothing
- Do not wear contact lenses
- Do not wear jewellery
- Do not wear make-up
- Do not wear nail polish
- Have organised your travel home after surgery.

After the procedure, you will be monitored to ensure that you have no residual effects from the anaesthesia and verify that there is no excess bleeding. You may have drainage tubes placed in the incision areas. Pain will be controlled with over the counter pain relievers unless Dr. Gahankari prescribes a stronger prescription. Generally the pain is minimal and easily controlled.

## After Surgery

### What can you expect immediately after surgery?

- Immediately after surgery there will be some pain and discomfort for which Dr Gahankari will prescribe pain medication.
- There may be some bruising or swelling which should subside in three to seven days.
- Bandages are applied following surgery to aid the healing process and minimize movement of the breasts.
- Once the bandages are removed, a specialized surgical bra is worn for several weeks.

### RELAX AND RECOVER

Remember, you have just had surgery so don't do anything stressful or undertake any strenuous physical activity.

## Scars

### What kind of scarring can you expect?

- The surgeries involved in a post pregnancy wellness procedure will dictate the type of scarring.
- Breast enlargement, breast reduction, breast lift, liposuction and tummy tuck scars depends greatly on the surgical technique used. Dr Gahankari will discuss which technique best suits your needs, and any associated scarring, at your consultation.



## Risks

All surgery involves risk.

- Specific risks associated with breast reduction include:
- Some patients develop small sores around their nipples after surgery, usually treated with antibiotic creams.
- Although every attempt is made to achieve symmetry between the two sides and as close as possible, the procedure can leave you with slightly mismatched breasts in their size, shape or position of nipples.
- which is usually temporary. Rarely, however, the numbness may become permanent.



## Concerns

Surgery is a major event for anyone, and it is natural that you may have concerns.

### **We are here to help.**

Call our clinic on **1300 007 300** at any time if you have any questions.

This number can also be used to contact Dr Gahankari's after hours service.

If you feel you need urgent medical attention, we advise that you visit the Accident and Emergency Department at your nearest hospital.



## That's about it!

We hope that you've enjoyed reading our information guide, and that it's been helpful.

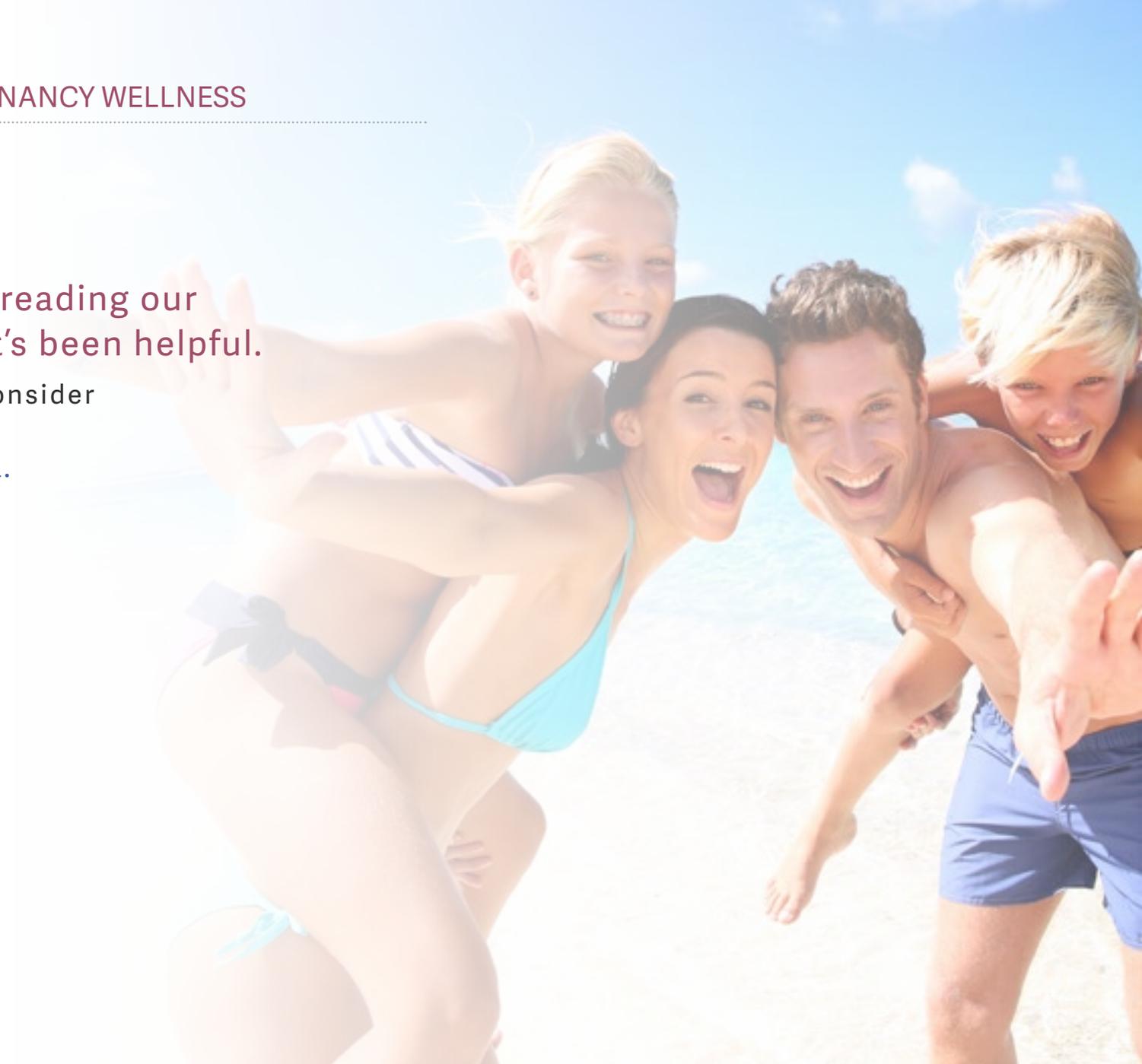
We love to hear from you! Please consider sharing your experience with us via [Google Plus Review](#) or [Social media](#).

### Contact Us

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# Other Services

## FACE

- Brow Lift
- Prominent Ears
- Eyelid Surgery
- Facelift
- Platelet Rich Plasma Injections

## BODY

- Hand Surgery
- Skin Cancer Treatment
- Arm Lift
- Body Lift
- Tummy Tuck
- (SlimLipo) Laser Liposuction
- Labiaplasty
- Post Pregnancy Surgery

## BREAST SURGERY

- Asymmetric Breasts
- Breast Enhancement
- Breast Lift
- Breast Reconstruction
- Breast Reduction
- Male Breast Reduction

## MEN

- Brow Lift
- Prominent Ears
- Eyelid Surgery
- Facelift
- Nose Reshaping
- Male Breast Reduction
- Body Lift
- Platelet Rich Plasma Injections

## NON-SURGICAL

- BBL Photo Rejuvenation
- Wrinkles & Finesline Reduction
- Lip Enhancement
- Excessive Sweating
- Permanent Hair Reduction
- Laser Resurfacing
- MicroLaserpeel
- ProFractional™ Laser
- Skin Photo Rejuvenation
- Sunspots & Skin cancer
- Birthmark & Vascular
- Veins, Redness & Capillaries
- Microdermabrasion
- Peels

## TATTOO REMOVAL

- Picosure Laser Tattoo Removal