

Flying Hours after Breast augmentation. How safe is it? The Non Touch-No Pain- No Drain Breast Augmentation Technique

Background: Our hypothesis was I, if we can applied a surgical technique which is bloodless and quick with no use of drain bandages or tights bra after the operation and if we reduce the post operation pain and the post operation nausea and vomiting (PONV) to almost zero the patient can fly home the same day after the operation.

Methods and Material: 1675 patients had primary BA from September 2003 to September 2015. 177 patients flew back to their home city or country in less than 24 hours after the operation. We study the time to perform the operation, the exact time they flying immediately after the operation, the exact duration of the fly, the PONV the first 5 days , the pain the first 5 days, the complications and the level of satisfaction.

Surgical technique:

All dissections performed using a unipolar foot-switching needlepoint electrocautery forceps in the coagulation mode.

No drains, bandages, or straps were used

105 patient had sufascial technique , 72 partially submuscular technique.

Anaesthetic Protocol:

Specific anaesthetic protocol was used with the use of propofol, fentanyl, remifentanyl, ondansetron and dexamethasone.

Antithrombotic protocol

Graded compression stocking and intermittent pneumatic compression devices were used in all patients.

Results

All 177 patients flying safely in less than 24 hours after the operation. The mean

surgical time was 43 minutes (65-22 min). Mean time of travel after the operation was 10.5 hours. Mean duration of the trip was 1.30 hours. PONV was 2%. Mean postoperative pain was three in a scale from zero no pain to ten the worse pain. One patient developed infection. No hematoma was observed. The longest flight was 5 hours from Athens to Dubai and shortest flight was 20' from Athens to Mykonos. All of the patient was very pleased and amazed that could go home the same day.

Conclusions: We believe that the atraumatic and quick surgical technique in combination with an anaesthetic protocol which reduces the post-op vomiting and nausea and a standard antithrombotic protocol are the most important factors to allow a patient to travel safely back to their home, within hours following breast augmentation.