



Your Guide to Post Surgery

Minor Breast Surgery



Changi
General Hospital
SingHealth



The following are some guidelines to help you care for your wound after your surgery. Your doctor and breast care nurse may also provide you with other advice.

Pain relief

You are likely to experience pain at the wound. This may be more intense in the first few days after your surgery. You are advised to take the prescribed analgesia to relieve the pain. The analgesia may make you feel dizzy or sleepy. Avoid consuming alcohol when taking the analgesia as this may cause you to be more drowsy.

It is normal to experience symptoms such as bruising, swelling or even 'lumpiness' around the surgery site. This is part of the healing process and may take up to 6 months to completely resolve.



Daily activities

You will be able to move your arm on the side of your surgery site. However, you are advised to avoid swimming and other strenuous exercises until your wound has healed completely.

If you have any queries, please consult your doctor or breast care nurse.

Wearing a bra after your surgery

Wearing a bra after your surgery is optional.

If you wish to do so, you are advised to wear a comfortable bra without underwire. This will help support and relieve the weight of the breast so that it does not pull on the surgery site. If you experience any discomfort, then it may be better for you to not wear one. You may choose to layer clothes with a singlet or loosely fit top.



Diet

You are advised to have a balanced diet. There is no scientific basis for any dietary restriction.

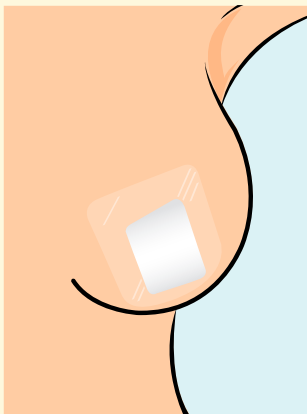
However, if you have other medical conditions such as diabetes, please adhere to the necessary dietary restrictions as advised by your doctor. You should continue taking the medications for other medical conditions which you may have, unless otherwise advised by your doctor.



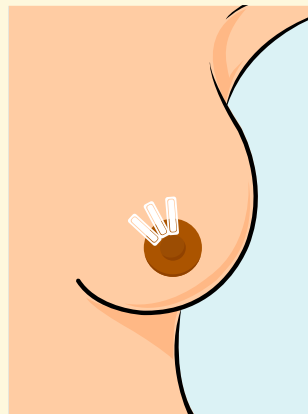
Wound dressing

It is safe to shower as per normal as the dressing is waterproof. You are advised to remove the outer dressing by yourself on the third day after your surgery. If the dressing comes off or becomes soaked before the third day, please contact the CGH Breast Centre for advice.

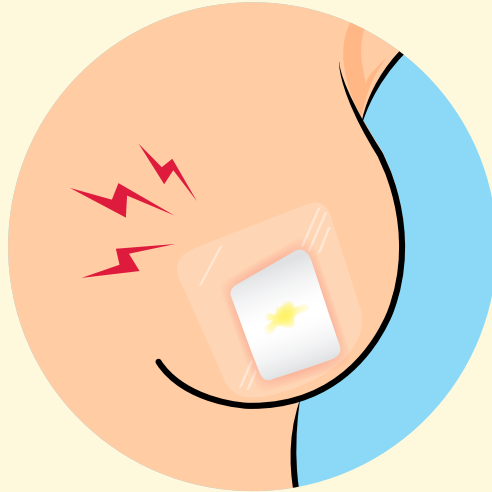
After removing the outer waterproof dressing (Fig 1), you will see an inner dressing of steri-strips (Fig 2). It is safe to use soap and water over the steri-strips during a shower. These strips should fall off on its own after a few days. Do not be alarmed if it does not. The stitches in the wound are dissolvable, hence there is no need to remove them.



(Fig 1)



(Fig 2)



Please seek immediate medical attention if:

- ▶ You develop a fever.
- ▶ You experience extreme pain or swelling in your wound.
- ▶ Your wound is red, swollen or you notice pus from the surgery site.

To seek medical attention, please call the CGH Breast Centre at 6936 5307 before making your way to the clinic. Upon arrival, our nurses will attend to you.

Location: CGH Medical Centre, Level 3, 3G Breast Centre

Operating hours: Monday – Friday, 8.30am to 5.00pm

If you need immediate medical consultation outside of these hours, you may wish to do so at any 24-hour General Practitioner (GP) clinic or at the Accident & Emergency Department at any hospital.

Attendance at the Accident & Emergency Department will be charged at the prevailing attendance rate and is non-refundable.

