

Patient and Family Education

POST BREAST SURGERY CARE (MINOR SURGERY)

Dear Patient,

This information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always consult your doctor or healthcare professional for detailed medical advice.

What you should do

Activity / Rehabilitation



- Resume normal activities gradually as your condition improves.

Nutrition / Diet



- There are no restrictions to your diet. If you have underlying medical problems, follow recommended nutritional advice from your healthcare provider.
- Take a healthy, well-balanced diet to promote healing.

Safe and effective use of medication



- Take prescribed medications as instructed by the pharmacist.
- Antibiotics are only given when necessary.

Wound Care

Your surgeon may apply any of the following dressings for wound closure:

- **Translucent skin adhesive dressing (such as Dermabond or Preneo etc.):**
 - The 'glue' in this dressing acts as an additional adhesive that holds the wound edges together and provides a waterproof environment that lasts approximately 5 to 14 days.
 - Wash the surrounding area gently with soap and water, and pat dry.
 - Do not swim or soak in chlorinated water.
 - Do not apply any creams, lotions, solutions, topical medications or makeup to the wound.
 - If the 'glue' appears to peel off, do not rub it off or pick at it. Allow it to fall off naturally.
 - Your surgeon or nurse will assist to guide further removal upon review in the clinic, if required.
- **Simple wound dressing as a top layer, and Steri-Strips as an internal layer:**
 - Steri-Strip dressings are thin adhesive bandages (*dressing or strips*) that hold the wound edges together.
 - A simple dressing is applied over the steri-strip which should last 2 to 3 days from the day of your operation. Do not peel, rub off the dressing, or submerge it under water.

- Keep the wound area clean and wash the surrounding skin gently with water, then pat dry. You may replace this with a similar dressing if it becomes very stained or soaked. This top-most dressing can be removed 2 to 3 days after your operation.
- You may clean the steri-strips (after the top dressing is removed) gently with water, then pat dry. Do not peel, rub off the dressing, or soak the wound in water. The Steri-Strips may be removed after a week if it has not otherwise come off by itself.
- **Waterproof foam dressing (such as Mepilex border):**
 - Has an absorbent foam pad and provides a waterproof environment that lasts approximately 7 days.
 - Wash over the dressing gently with water and pat dry. Do not peel, rub off the dressing, or submerge the wound under water.
 - This dressing should be removed 5-7 days after your operation.

When and how to seek further treatment



- For any additional concerns, contact our Breast Care Team between 8.30am to 5pm (Monday to Friday) or see a doctor during weekends or after office hours if any one of the following occurs:
 - Fever of 38 °C and above
 - Increased redness, swelling or bruising at wound site
 - Excessive discharge or bleeding from the wound
 - Severe pain at the wound not relieved by prescribed medications
 - Wound gapes open.

Breast Care Team Contact Number: **9105 5780 / 8262 0193**

For clarification on the above conditions, contact your Primary Physician or the Nurse Clinician in-charge through **SKH General Enquiry Line at 6930 5000**.

Follow up appointments

- Your surgeon will review you in 1-2 weeks for the histology report and further discuss treatment plans, if required.
- Keep your appointment(s) as scheduled, reschedule your appointment as soon as possible if you have missed your appointment.
- For any change of appointment(s), you can do so in the following ways:
 - Manage your appointment(s) on-line
 - Via SingHealth Health Buddy App
 - Call SKH Outpatient Appointment hotline at 6930 6000
 - Email: appointments@skh.com.sg

