

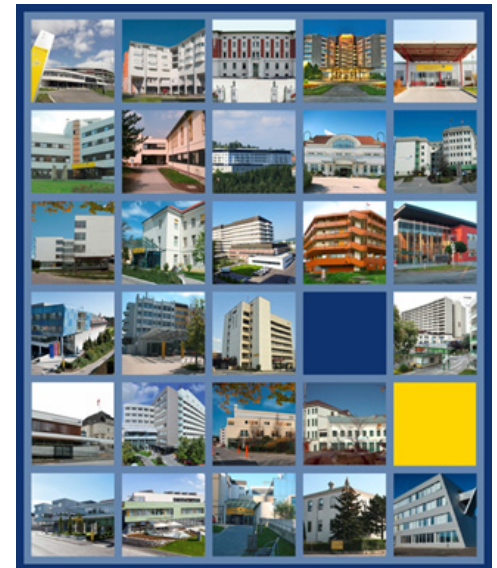
In the case of fever (temperature above 38 °C), redness, swelling, inflammation or rashes in the affected area, you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

Surgery

Discharge information



Behaviour after breast surgery

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Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Please observe the following for the most favourable treatment outcomes:

Physical rest (depending on the further therapeutic strategy) for at least	1-3 weeks
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Wear a sports bra	1-3 weeks
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The following information is applicable exclusively for patients who had to have the lymph nodes in their armpit removed. If only the breast surgery was carried out, these precautionary measures are not necessary.

The following measures serve to **prevent an arm lymphoedema**. Please observe the following for the most favourable treatment outcomes:

To prevent an arm lymphoedema, it is necessary to avoid everything which may lead to increased lymph production or inhibits drainage. Increased blood circulation in the arm is generally noticed first as it can be observed, for example, during major exertion and intense heat. Even healthy people can notice that their arms and legs suddenly swell up on summer days.

- Therefore, avoid excessive exertion of the arm on the affected side.
- From the second to third day after surgery, you should begin active exercises to prevent restricted movement of the shoulder joint. It is important to carry on frequently practising the exercises you have learnt at home for several minutes.
- Avoid exposing yourself to high temperatures. Prolonged sunbathing, long sauna visits or bathing in water which is too hot may cause the arm to swell.
- Favour clothing which is not tight around the armpit and shoulder area. Otherwise, you may risk obstructing drainage of the lymphatic fluid.