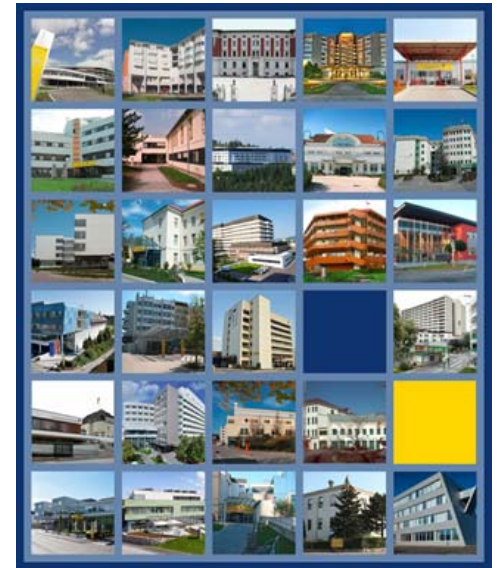


In the case of redness, overheating, pain or swelling in the affected area, you should visit a doctor or our outpatient clinic without delay.

We hope that this information has been of some assistance to you and would be happy to answer any further questions you may have at any time. We would like to wish you a speedy recovery.

Your treatment team

Discharge information



Behaviour after breast surgery

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Ästh. Brustoperation

Dear Patient,

You had breast surgery with us. 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.

The following measures serve to prevent problems while the wound is healing and should have a positive effect on the healing process:

General information

- Please ensure that the **dressing does not get wet**. Showering is only possible with a **waterproof bandage**.
- Full baths, and visits to saunas and thermal springs should be avoided for **three months**.
- Smoking is strongly discouraged, as blood circulation and therefore wound healing are severely impaired by smoking.
- Observe physical rest during the coming weeks. Sport, strenuous physical activity and carrying **more than 10 kg** should be avoided.
- Wear the prescribed bra 24 hours a day, for six weeks. It contributes significantly to the desired shape.

Removal of stitches and scar treatment

- The stitches will be removed after 14–21 days, following inspection of the wound.
- The scar may become wet one day after the stitches are removed. However, extended periods submersed in water are not recommended.
- Scar treatment with wound and healing ointment and a scar massage in the form of circling movements twice daily are advisable. However, do not start using the ointment independently; please discuss this with us in advance.
- You should avoid sunbathing for one year and use a high-factor sun cream (SPF 30+) as increased pigmentation (brown colouring) of the scar may otherwise occur.