

TIA LIU MD, MSc, FRCSC

www.drliu.com

Dressings:

- Keep the dressings dry and intact. You should remove the outside dressing within a few days.
- Dr Liu will remove the inner dressing at the follow-up appointment. Sutures all dissolve on their own.
- You may shower once the outside dressing is removed. The waterproof dressing underneath will keep the incisions dry. Avoid soaking your wound in bath water, pools, hot tubs etc. for the first 2 weeks. If the dressings get wet, please remove them.
- You may wear a loose sports bra without underwire for the first 6-8 weeks.

Activity:

- Rest and relax for the first few days after surgery when the risk of bleeding is the highest.
- Make sure you walk at least 30 minutes a day to avoid a blood clot.
- Avoid activities that may increase your heart rate and avoid stretching over your shoulder, pushing or pulling in the first 2-3 weeks.
- You may increase your activities after 4-6 weeks. Avoid any heavy lifting and strenuous activities until 6-8 weeks after surgery.
- After 3 weeks, once the scar is pink, you may begin massage the scar to reduce pain and swelling. Scar gel, Bio-oil or vitamin E ointment are all great to use. If you experience irritation from the topical ointment, discontinue use immediately.
- The swelling will take 3-6 months to settle down.

Discomfort:

- You may need Tylenol #3 for the few days after surgery. Over-the-counter Ibuprofen and/or Acetaminophen may help to reduce the pain if you find that T#3s are too strong.

If any of the following problems occur please notify Dr. Liu's office or go to the ER

- Unilateral swelling and breast expanding in size. The breast becoming more firm and painful. This may be resulting from a bleed within the breast.
- Difficulty breathing or one calf that is more swollen and painful than the other. There may be a clot in your leg or your lungs.
- Increased redness, pain, fever or chills.
- Foul odour and/or increased drainage from incisions.

Follow-up appointment:

- An appointment should be scheduled for approximately 7 to 10 days after surgery, 1 month after surgery and again at 3-6 months. Please contact our office to schedule your appointment.