

Guidelines for invasive-diagnostic procedure aftercare

Breast surgeries

1. The entirety of the day of surgery will be spent in bed at the clinic. Sitting and necessary visits to the restroom are allowed. However, a nurse will attend to you during the first 12 hours after the surgery.
2. You will spend the first 12 hours after the surgery in the clinic. After 12 hours you can return home., and we urge you to have a confidant or nurse to assist you at home. We also advise you to have a driver and a car within close proximity / access. Any adverse reactions to the surgery or post-surgery medical conditions will be addressed and treated immediately by our physician or the doctor on duty. If, in the case of sudden and/or worsening health conditions you cannot reach our physician, doctor on duty or the surgeon's assistant, you should immediately seek emergency medical support by dialing 112.
3. It is suggested that you regulate your meals within the first week post-surgery, and prioritize easily digestible nutrients. Food should not be too acidic, salty, spicy, etc. Drink plenty of fluids and avoid carbonated beverages, coffee, tea and alcohol.
4. Depending on the nature of the surgery, **swelling and bruises** in the breast / chest area and upper body **may occur**. Swelling might increase on the second day post-surgery. Expect minor bleeding within the first 12 hours after the surgery. We do use drainage and support from different materials to stop the bleeding and protect the wounds. After the breast surgery you must wear a surgical bra at all times for 3 weeks.
5. Any and all kinds of **physically demanding activities are forbidden** within the first 4 days. Stay calm at home. You should start feeling better around the 4th day after surgery. If the healing process in the traumatized area of your body seems to stop or adverse reactions seem to occur / increase, inform the clinic immediately. Anything in your lifestyle that increases the pain or prevents healing of the wounds is forbidden.
6. You may **take a shower** on the 4th day after the surgery. You should not move or remove the patches on the wounds before showering. You can remove the patches after showering; wash the wounds with intimate wash soap, rinse, dry and place new patches on the wounds. You should change the patches after each shower. Do not remove scabs and threads by yourself as this can cause bleeding and deformations. Wear the patches until wounds are clear of all scabs and threads (around 3-4 weeks, and in the case of more extensive breast surgeries, up to 6 weeks).
7. After the surgery, you will be **prescribed antibiotics**, which you should consume for 3-6 days., If there is still secretion from the wounds or your body temperature exceeds 38°Celsius after the first change of patches (on the 4th day), immediately contact your contact person.
8. **Do not smoke** during the first 10 days after the surgery, as it can delay or obstruct the healing process.

9. **Sunbathing (also solarium), sauna, vigorous physical activity and alcohol** may cause adverse effects during the process of cicatrisation. Excessive scar tissue may form as a result. The risk period lasts for about half a year. The first month post-surgery is particularly important, during which the aforementioned activities, as well as swimming in pools and using public showers is strictly forbidden.
10. **Avoid hobbies and sports that could cause injuries** for 3 months. **In case of an injury contact the clinic immediately.**
11. After the surgery, the **wounds are red and firm**. Do not panic – this is a standard stage in the healing process. Within 6 months to 1 year the wounds will get lighter and softer. Do not expose your wound to UV-radiation (sunbathing). It will cause pigmentation disorders in the scar.
12. Communication between you and the clinic can help us resolve your problem effectively. Make sure you are easily reachable during the post-surgery period, and come in for a follow-up visit on the 3rd week and the 3rd month. If your contact information changes, you must report the change to the clinic.