

WHAT TO EXPECT 手术后可能遇见的状况

- An elastic chest strap will be placed after your surgery. This may be applied up to 72 hours after surgery.
手术后将放置一条松紧的胸带，可能需要使用72小时之久。
- You can expect a small tube apparatus ending in a suction bulb (JP drain) placed on the lower aspect of each breasts. This helps keep the area of surgery dry and improves swelling. Drains may stay in for 3 to 5 days after your surgery.
您可预料将会有一个小管装置连接输液管吸盘的末端，放置在每个乳房的下部位。这有助于保持手术部位干爽并改善肿胀。手术后，排液管可能会留放3至5天。
- You may experience temporary electrical or tingling feelings in the breast and nipple in the weeks following your surgery.
手术后几周内，您可能在乳房和乳头上感觉到短暂触电或刺痛感。
- Pain from chest muscles may occur. 您的胸部肌肉可能会出现疼痛
- Arm motions to push, pull or lift heavy objects may feel weak but full strength returns within 1 or 2 weeks after surgery.
您的手臂动作可能无力推，拉或举重物，可是这种情况会在手术后1或2周内逐渐恢复全部的力量。
- Your chest will feel tight for four to six weeks, until the chest muscles relax.
您的胸部会感到紧绷长达4到6周，情况会有所改善直到胸部肌肉放松。
- Resuming of sports or heavy exercise for at least 8 weeks. 至少8周后可以恢复运动或剧烈段练。

INSTRUCTIONS 指示

- Breast support bra should be worn 24 hours a day or as tolerated until your first follow up appointment.
乳房辅助胸罩应每天24小时穿上，至少您得忍受到下一次的预约。
- JP drains (if inserted) will be removed 3 to 5 days after surgery.
手术后3至5天将能把输液管（如果已插入）卸去
- Normal showering may be done after removal of the JP drains.
卸下输液管后，才可以正常淋浴
- The garment can be removed for showering.
您可以把衣物脱下后再淋浴。
- Keep your dressings as clean and dry as possible, may change dressing daily to avoid infection.
尽可能保持敷料清洁和干爽，每天必须更换敷料以避免感染
- Do not engage in any strenuous activities for first week after surgery. No heavy lifting, vigorous activity, or straining for three weeks. May do upper exercise body after 6 weeks.
手术后第1周不得进行任何剧烈运动。3周内都不得举起重物，剧烈活动或拉紧动作。建议6周后才可以开始做上身运动。
- Take your prescribed medications regularly.
定时服用医生给您的处方药物。

**CALL THE CLINIC AT 0920-966-5613 WHEN YOU ARE EXPERIENCING ANY OF THE FOLLOWING
如果您遇到以下任何情况，可以致电0920-966-5613致电诊所**

- You have sudden chest pain, shortness of breath or severe dizziness and vomiting.
您突然感觉的胸痛，呼吸急促或严重的头晕和呕吐。
- Constant and increasing pain that is not alleviated by the prescribed medications.
处方药无法缓解持续不断的疼痛。
- Bleeding from the incision.
从切口出血。
- Increased pain, swelling and warmth over and around the incision areas.
切口周围和周围增加疼痛，肿胀和发热。
- Unusual draining liquid along the incision areas.
沿切口位置排出异常液体
- Fever. 发热