

WHAT TO EXPECT 手术后可能遇见的状况

- You can expect some drainage on your incisions. Drains may stay in for as long as seven days after your surgery.
切口可能会引流。手术后，排水口可能会停留长达7天。
- You may feel sore for 2 to 3 weeks and also may feel pulling or stretching in your breast area.
您可能会感到疼痛2至3周，并且可能会感到乳房区域内的牵拉或伸展。
- Minimal bruising is expected.
预期会有最小的瘀伤
- Pain in the area of drainage (JP drain)
排水区域疼痛（JP排水）
- Nipple/areola asymmetry, breast contour irregularities and incision scar changes in 3 to 6 months.
乳头/乳晕不对称，乳房轮廓不规则和切口疤痕在3至6个月内发生变化。
- Occasional discomfort in arm stretching, arm raising and some arm range of motion movements.
手臂伸展，手臂抬高和手臂的某些运动范围偶有不适。

INSTRUCTIONS 指示

- Put ice or a cold pack over your breast for 10 to 15 minutes at a time. Try to do this every 1 to 2 hours for the next 24 to 48 hours (when you are awake) or until the swelling goes down. Put a thin cloth between the ice and your skin.
一次将冰或冰袋放在乳房上10到15分钟。在接下来的24至48小时（清醒时）或直到肿胀减轻之前，请尝试每1至2小时进行一次此操作。在冰和皮肤之间放一块薄布。
- Walking short distances daily is encouraged.
鼓励每天短距离行走。
- Avoid lifting heavy objects, performing strenuous activities (bicycle riding, jogging, weight lifting, or aerobic exercise) until your doctor says it is okay.
避免举重物，进行剧烈的活动（骑自行车，慢跑，举重或有氧运动），直到医生说
- You can take your first shower the day after your drain or bandage has been removed. This is usually within 3 to 5 days or until advised by your physician.
排水管或绷带去除后的第二天，您可以进行第一次淋浴。通常在3到5天内，或者直到您的医生建议。
- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast, and yogurt.
您可以吃正常的饮食。如果您的胃部不适，请尝试低脂，低脂的食物，例如普通米饭，烤鸡肉，吐司和酸奶。
- You may be wearing a special bra that holds your bandages in place after the surgery. Your doctor will tell you when you can stop wearing the bra. Your doctor may want you to wear the bra at night as well as during the day for several weeks. Do not wear an underwire bra for 1 month.
手术后，您可能戴着特殊的胸罩将绷带固定到位。您的医生将告诉您何时可以停止戴胸罩。您的医生可能希望您在晚上和白天都戴胸罩几个星期。1个月不戴钢圈文胸。
- Wash the area daily with warm, soapy water, and pat it dry. Don't use hydrogen peroxide or alcohol, which can slow healing.
每天用温肥皂水清洗该区域，然后拍干。不要使用过氧化氢或酒精，这会减慢愈合速度。

CALL THE CLINIC AT 0920-966-5613 WHEN YOU ARE EXPERIENCING ANY OF THE FOLLOWING

遇到以下情况，您可以致电0920-966-5613致电诊所

- You have sudden chest pain, shortness of breath or severe dizziness and vomiting.
如果您有突然的胸痛，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.
持续不断且增加的疼痛程度而又无法通过处方药缓解。
- 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