

Dear Patients,

After the surgery, we will discuss all details with you personally and provide important aftercare instructions. This information sheet summarizes essential information for your initial recovery at home. Please note the following:

1. After the Surgery

Please wear a sports or support bra with a chest strap (Stuttgart belt) around the clock for two weeks. For the following four weeks, wear it as much as possible, especially at night and during physical activities. After that, you may switch to a regular bra. Recommended models, such as “Anita Active®” or Marena Recovery with an integrated chest strap, are also available on Amazon.

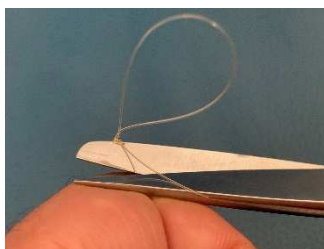


If you have a bandage around your chest after the surgery, please leave it on for 24 hours. Afterward, wear the bra mentioned above. There are adhesive strips (Steri-Strip®) on the wound, which should be left in place for two weeks. Showering is possible from the second day, and please dry the adhesive strips with a hairdryer afterward. If the strips start to come off, you may remove them.



2. Wound Care and Stitches

The stitches will dissolve on their own approximately six to eight weeks after the surgery. Any protruding stitch ends can be carefully trimmed to skin level. Gently pull on the stitch end and, if there is a knot, cut it off with the knot included.



3. Pain Relief

For pain relief, we recommend taking Ibuprofen 400 mg three times daily for five days. If needed, you may increase the dose to up to 800 mg four times daily. From the second postoperative day, you can reduce the dose as the pain decreases.

4. General Information

- Sleeping on your side is possible from the first day after surgery.
- Please avoid direct sunlight and tanning beds for eight weeks.
- Light physical activities are allowed two days after surgery, but they should not be strenuous.
- Numbness in the surgical area is normal for the first two months (sometimes longer) and usually resolves over time.

5. Special Instructions for Lymph Node Removal

After surgery, numbness in the upper arm, especially on the inner side, may occur. Fluid buildup (seroma) in the surgical area can occur and may need to be drained by a doctor if it causes discomfort (you can visit us for this). Occasionally, a repeat aspiration is necessary. If a drainage tube with a bottle has been placed, it may need to stay in for up to ten days. Mark the fluid level daily. Once the drainage amount drops below 50 ml within 24 hours, visit us so we can remove the tube—no appointment is needed, just a quick call.

6. Concerning Symptoms

Please contact us immediately if the wound becomes red (larger than the size of a hand), the breast feels very hot, or you develop a fever. This allows us to monitor the healing process and intervene if necessary.

7. Additional Questions

If you have any further questions, we are always here to help. You may also send us a photo of the affected area (without your face).

Follow-up with Your Gynecologist

Please call your gynecologist the day after the surgery to schedule a follow-up appointment, typically around ten days post-surgery.

AQS Questionnaire

Please complete the questionnaire provided upon discharge and return it within 14 days using the prepaid envelope to medicaltex GmbH. Your feedback helps us participate in validated quality assurance.

Wishing you a smooth recovery!