

Guidelines for invasive procedure aftercare

Breast reduction and Mastectomy

Stay in the hospital	1-2 nights
Initial follow-up visit	On the 2nd-3rd week
Next mandatory visit	On the 3rd month
The bandages will be removed with drains	On the 2nd-3rd day
First shower	On the 5th day
Wear supportive underwear	2 months
Change wound dressing	For 3-4 week
May go to work	On the 2nd week
Bruising appears	For 3-4 week
Swelling appears	3 months
Avoid physically hard work	6 weeks
Avoid sexual relations	1 month
Threads self-dissolve	After 6-8 weeks
The sutures will be removed	On the 3rd-4th week
Forbidden to smoke	1 month
May go to sauna	After 2 months
Decrease of sensitivity in tissue may manifest	Lifetime
Outcome can be evaluated	After 6-12 months
Protect skin from UV radiation	For 1 year