

Breast Surgery

Post Operative Information



The Department of Surgery sees patients for a wide range of surgical services. These include Colorectal, Endocrine, Breast, Upper GI, Bariatrics, Hepatobiliary, Plastics, Neurosurgery, Urology and Vascular Surgery. Our highly qualified consultants use minimally-invasive surgery and surgical endoscopy for diagnostic and therapeutic interventions in the treatment of these conditions. We provide inpatient and outpatient care with a 24-hour acute surgical service. Day surgery (endoscopy) and minor surgery (lumps and bumps) are also offered at Jurong Medical Centre.

Before surgery

- Clear any doubts about the surgery with your doctor
- Do not smoke or drink alcohol 2 to 3 weeks before your surgery
- Eat a well-balanced diet
- Get enough rest. You may want to speak to your doctor if you are unable to sleep well
- Remove any nail polish and jewellery before your surgery
- Stay away from crowded areas to avoid catching a cough or cold before your surgery

After surgery

- For the first 24 hours after general anaesthesia:
 - Do not drink alcohol
 - Do not drive
 - Do not sign any legal document
 - Rest at home
- Wound care
 - Keep dressing clean and dry
 - A small amount of blood may ooze from your wound
 - Change your dressing at a family doctor or at our hospital (refer to back of brochure for operating hours) if bleeding is excessive
 - If a pressure bandage was used, remove it 24 hours after surgery
 - Use a brassiere (without underwire) to support your wound and provide comfort after surgery (when pressure bandage has been removed)
 - If stitches were used at surgery, you may get your family doctor to remove them as instructed



- Activities
 - Begin by doing arm exercises in the morning after your surgery to prevent stiffness
 - Resume normal activities in a few days (after a lumpectomy) and a few weeks (after a mastectomy)
 - To reduce the risk of bleeding, avoid excessive exercises and carrying heavy objects for at least 2 weeks
- Medications
 - Take all prescribed medications to relieve pain for the next 48 to 72 hours after surgery



Visit our clinic between 8.30am to 5.30pm (Monday to Friday) or visit the Emergency Department (after office hours) if any of the following occur:

- Bleeding/discharge from the operated site
- Excessive swelling and redness at the operated site
- Fever of more than 38°C
- Sudden pain that cannot be relieved by painkillers

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

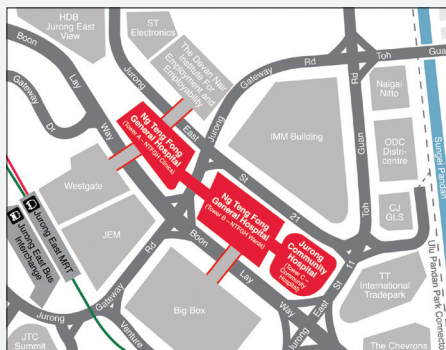
1 Jurong East St 21,
Singapore 609606
General enquiries: 6716 2000 Fax: 6716 5500
www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm,
Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98,
98M, 105, 143, 143M, 160, 183, 197,
333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Jurong Medical Centre

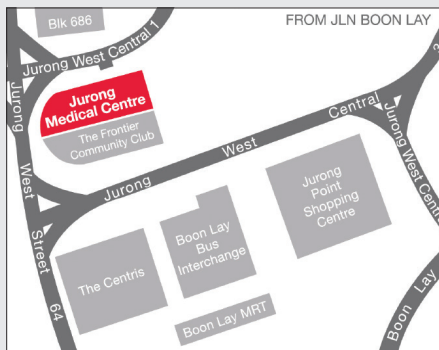
60 Jurong West Central 3,
Singapore 648346
General enquiries: 6716 2000 Fax: 6551 7999
www.jmc.com.sg

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For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm,
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Getting there



By train

Boon Lay MRT Station

By bus

SBS 30, 79, 154, 157, 174, 179, 181,
182, 192, 193, 194, 198, 199, 240, 241,
242, 243 W/G, 246, 249, 251, 252, 254,
255, 257, 405
SMRT 172, 178, 180, 187

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.