

posture. 術後一週內避免碰撞，並限制雙臂過度用力，如提重物、抱小孩，或劇烈運動、三溫暖、游泳。雙臂需保持下垂姿勢。

6. If hematoma, abnormal pain, breast hardening, can first contact with the attending physician or back to the hospital. 若有血腫、異常劇痛、乳房變硬，可先與主治醫師聯絡或回院就診。

7. wound care 傷口照護

◎ If the drainage tube indwelling, usually 1-3 days back to the hospital by the physician removal. 如有引流管留置，通常1-3天回院由醫師拔除。

◎ Wiping iodine and covered with gauze, such as rubber tape can only wipe the benefits of allergic iodine. 傷口請擦優碘並覆蓋紗布，如對膠布過敏只擦優碘即可。

◎ Broken before the wound cannot touch the water, and temporarily fasting irritating food such as: smoke, wine, etc., to facilitate wound healing. 拆線前傷口不可碰水，並暫時禁食刺激性食物如：煙、酒等，以利傷口癒合。

8. Breast massage 乳房按摩

◎ Began after three days of surgery, increase the softness of the breast, so

that the breast feel natural. 手術三天後開始作，增加乳房的柔軟度，讓乳房觸感自然。

◎ Within three months after surgery need to massage day and night, at least 15 minutes each time, three to six months change to once a day massage, after six months can be collected from time to time massage. 手術後三個月內需早晚各按摩一次，每次最少十五分鐘，三至六個月時改每天按摩一次，半年後可採不定期按摩。

◎ Massage method, including by side pressure, inside push and other angles. 按摩方法，包括由側面壓、裡面推 等各種角度。

9. bra wearing 胸罩的穿著

◎ Within a week after wearing a full cover, no steel bra, to avoid off. 術後一週內穿全罩式、無鋼絲胸罩，避免脫下來。

◎ In accordance with the instructions of the doctor wearing, in principle, six months do not wear a steel bra, do not wear when sleeping, allowing the shape of the breast natural. 依醫師指示穿著，原則上六個月內勿穿有鋼絲胸罩，睡覺時不要穿，可讓乳房形狀自然。

□ Body odor after surgery note  
狐臭手術術後注意事項

1. Wound do not touch the water within a week. 一週內傷口不要碰水。

2. every two to three days to the hospital dressing. 每隔二至三天至醫院換藥。

3. Arm within a week cannot be elevated, to avoid the action beyond the shoulder. 一週內手臂不可舉高，避免做超過肩膀的動作。

Self-assessment(Right and Wrong)  
自我評量(是非題)

( ) 1. The wound should be kept dry.未拆線前傷口應保持乾燥。

( ) 2. Wipe the wounds with cotton stalks or boiled cold water, then wipe dry with cotton, apply proper amount of topical ointment, two to three times a day until the stitches are removed.以棉枝沾生理食鹽水或煮沸過的冷開水擦拭傷口，再用棉枝擦乾後，取適量的外用藥膏塗抹，一天二至三次，直到拆線為止。

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# Reconstruction of cosmetic surgery Postoperative care instructions

重建整型美容外科術後護理須知



Nursing Department production

Advisory Line: (04) 7238595 to 5301

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當您感到焦慮無助時，鼓勵您說出來，我們將陪伴您尋求相關支援及身心靈支持。

衛教天地



## □ Note after liposuction surgery 抽脂手術術後注意事項

1. After two weeks to engage in strenuous exercise. 二週後才能從事劇烈運動。
2. Avoid eating too salty food to prevent edema. 避免吃太鹹的食物，以防水腫。
3. Legs of liposuction patients, within a month to avoid a long time to stand, sleep when the lower limbs pad high. 腿部抽脂之患者，一個月內避免長時間站立，睡覺時將下肢墊高。
4. Early swelling, bleeding and soreness phenomenon, a small range of liposuction does not affect the work, a wide range of liposuction need to rest two to three days, usually about two weeks after the resumption of daily activities. 初期會有腫脹、瘀血及痠痛現象，小範圍抽脂不影響上班，大範圍抽脂需休息二至三天，一般約二周後可恢復日常活動。
5. Before leaving the line, the affected area should be kept dry. 在未拆線之前，患部應保持乾燥。
6. If you have placed drainage tube, need to be removed from the next day. 如有放置引流管，需隔天回診移除。
7. Tights best to wear half a year, and must be closely with the doctor with the

regular inspection, tracking changes in the affected area. 緊身衣最好穿半年的時間，且須密切與醫師配合定期作檢查，追蹤患部的變化。

8. **Regular massage of the affected area, can make liposuction after the muscle, skin smooth and smooth.** 經常按摩患部，可使抽脂後的肌肉、皮膚均勻平滑。
9. **Do not smoke after drinking, drink, avoid spicy spicy food, should be appropriate exercise.** 手術後勿抽煙、喝酒，避免辛辣刺激性食物，應適當的運動。

## □ Eyelid surgery after the note 眼瞼手術術後注意事項

1. After surgery, the eyes will swell for a week, after a month will be very natural. 術後眼睛會腫一個禮拜，一個月之後就會很自然。
2. **Wrapped in gauze ice pack ice** 3 days, at least 5 times a day, every 15 minutes of ice, rest for five minutes. **以紗布包裹冰袋冰敷**3天，每天至少5次，每次冰敷十五分鐘，休息五分鐘。
3. **After three days to switch to warm**, can help swelling. (Ice bags put 38-40 degrees warm water, you can become a warm bag.) **三天後改用溫敷**，可幫忙消腫。(冰袋放38-40度溫水中，即可變成溫敷袋。)

4. Wipe the wound with cotton or dipped in cold water to wipe the wound, and then dry with cotton, then take the right amount of topical ointment, two to three times a day. 以棉枝沾生理食鹽水或煮沸過的冷開水擦拭傷口，再用棉枝擦乾後，取適量的外用藥膏塗抹，一天二至三次。
5. Do not touch the wound within three days after surgery. 術後三天內傷口不要碰水。
6. After the stitches can wash your face and touch the water, but still cannot force to rub, this time can wear contact lenses. 拆線後回家可洗臉碰水，但仍不可用力去揉，此時才可以配戴隱形眼鏡。
7. Do not bend over in a month after surgery, yoga, inverted, heavy objects, loud singing, anger, etc., will increase the pressure of the action. 術後一個月內不可做彎腰、瑜珈、倒立、取重物、大聲唱歌、憤怒等，會增加眼壓的動作。
8. Please take medication on time, if there is severe pain, please return as soon as possible. 請按時服藥，若有劇烈疼痛，請儘速回診。

## □ General surgery 一般手術

1. postoperative wound pain, eat pain to relief. 術後傷口疼痛，可吃止痛藥緩解。
2. Note that the wound clean, within a week the wound do not touch the water, keep dry. 注意傷口清潔，一星期內傷口不要碰到水，保持乾燥。
3. Wipe the wounds with cotton stalks or boiled cold water, then wipe dry with cotton, apply proper amount of topical ointment, two to three times a day until the stitches are removed. 以棉枝沾生理食鹽水或煮沸過的冷開水擦拭傷口，再用棉枝擦乾後，取適量的外用藥膏塗抹，一天二至三次，直到拆線為止。
4. Please refer to the outpatient service or swap. 請依門診時間回診換藥或拆線。

## □ Postoperative notice of rhinoplasty 隆鼻術後注意事項

1. There will be a few days after swelling and blood stasis, one to two weeks of swelling, one to two months to shape the appearance. 術後會有幾天腫脹及瘀血，一至二週消腫，一至二個月外觀才能定型。
2. the first two weeks do not wear ordinary glasses, one to two days after surgery can

wear contact lenses. 前兩個禮拜不要戴普通眼鏡，術後一至二天可戴隱形眼鏡。

3. Please avoid swimming and blow your nose. 請避免游泳、擤鼻涕。
4. If the appearance of the shift, please try to return as soon as possible. 外觀如有移位，請儘速回診。

## □ After breast augmentation 隆乳手術術後注意事項

1. By the armpit implantation of breast milk model, the degree of wound pain varies, 3 to 5 days after the gradual pain. 由腋下植入義乳模型，傷口疼痛程度因人而異，3至5天後漸漸不痛。
2. Please take medicine on time. 請按時服藥。
3. Postoperative chest elastic bandage fixed 24-48 hours. 術後胸部有彈性繃帶固定24-48小時。
4. A month after surgery can sleep on yours stomach. 術後一個月即可趴睡。
5. After a week to avoid the collision, and limit the arms of excessive force, such as lifting heavy objects, holding children, or strenuous exercise, steam bath, swimming. Arms need to keep sagging