

# Your Breast Surgery Guide

 Take to hospital



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Manitoba

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# Introduction

Coping with breast cancer and breast cancer surgery can be difficult. For many people it is a life changing event, one that can leave you feeling anxious, upset and scared. It may be comforting to know that you are not alone. These feelings can be hard to deal with but they are normal and common.

Remember there is no “right way” to deal with cancer and with surgery. Not all people react the same way or need the same kind of help.

Sharing your feelings and concerns with others can help. If you need to reach out at this time, turn to the section in this booklet called “Emotional Recovery” on page 22 to connect with people who can help you.

The health-care team at the Breast Health Centre have written this booklet to help you care for yourself after your surgery. We hope this booklet will answer your questions and concerns about your surgery and how it may affect you.

We encourage you to ask questions and discuss concerns with your surgeon, team members and family.

## **Breast Health Centre**

100-400 Taché Avenue, Winnipeg, Manitoba R2H 3C3

204-235-3906 or Toll-free in Manitoba 1-888-501-5219

[www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc)

Clinic Hours: Monday to Friday, 8:00 a.m. to 4:30 p.m.

# Breast Health Centre

## Phone Listing

If you have questions about the surgery time, date or location, **contact your surgeon's office directly**, not the Breast Health Centre.

If you had breast reconstruction, call the plastic surgeon's office directly.

You can refer to the Contact Information Sheet you received in your surgery package for your surgeon's contact number.

- General Inquiries.....204-235-3906  
Toll-free in Manitoba.....1-888-501-5219
- Breast Health Scheduling Desk .....204-235-3099
- Dietitian .....204-235-3646
- Lymphedema Therapist.....204-235-3684  
or .....204-237-2034
- Nursing (call direct) or Main Reception .....204-235-3906
- Registration for Before and After Surgery  
Info Sessions:.....204-235-3906
- Social Work/Counseling .....204-258-1004

### Additional Resources

- Breast & Gyne Cancer  
Centre of Hope (BGCCH) .....204-787-2970  
Toll-free in Manitoba.....1-866-561-1026
- Breast Cancer Patient &  
Family Educator at BGCCH: .....204-787-4130
- Canadian Cancer Society (Prosthesis) .....1-888-939-3333
- Hereditary Cancer Clinic .....204-787-4267

# After Surgery

## IMPORTANT – Who to Call After Surgery

If you have any of the following symptoms related to your breast surgery:

- Increased bleeding that is difficult to control with light pressure
- Persistent, severe or increasing pain
- Increased drainage around the wound or drain site
- Foul or bad smelling fluid coming from the incisions
- Increased warmth, swelling, pain and redness along the incision
- Chills or fever (above 38.5° C or 101.3° F) for 2 days or more
- Signs of infection such as swelling, warmth, redness on the arm of the side you had your surgery
- If your drain pulls out or comes loose

<b>Monday to Friday - 8 a.m. - 4:30 p.m.</b>	<ul style="list-style-type: none"><li>• Call the Breast Health Centre (204-235-3906) and ask to speak to your nurse.</li></ul>
<b>After 4:30 p.m. or before 8:00 a.m., or on weekends or holidays</b>	<ul style="list-style-type: none"><li>• Go to the hospital emergency department where you had your surgery or the nearest emergency department if you live outside Winnipeg.</li><li>• If your surgery was at Health Sciences Centre, call 204-787-2071 and ask to speak to your surgeon.</li></ul>
<b>For non-emergency information, please call Health Links/Info Santé (24 hour/7 days a week helpline) at 204-788-8200 or toll-free in Manitoba 1-888-315-9257</b>	

# After Surgery

## **Bruising, Pain, and Numbness**

It is common for there to be some bruising and swelling around the incision site and breast after surgery. This will decrease within 7 to 10 days.

After surgery you may feel pain, numbness and tingling around the incision or in the shoulder or arm, or underarm if lymph nodes were removed. This is normal and may last a few weeks following surgery.

Take pain medication as needed.

## **Pain Management**

Some pain and discomfort after breast surgery is normal. Managing your pain after surgery is important for your recovery as well as your comfort.

You will be given a prescription to manage the pain. It is easier to control pain by taking pain medication regularly the first day or two rather than waiting until the pain becomes severe.

Remember, you have had surgery. Be kind to yourself.

**Acetaminophen with codeine (such as Tylenol® #3)** – Most patients take these for the first few days after surgery as needed. Take the pain medication as prescribed. This tablet contains codeine, which can cause constipation.

**Acetaminophen Extra Strength (such as Tylenol® Extra Strength)** – For mild pain, you can try an over the counter pain medication, such as acetaminophen extra strength or acetaminophen regular. These tablets do not contain codeine. Take the medication as directed. Do not take more acetaminophen than the amount directed on the bottle.

**Other** – If you are on another type of pain pill, take it as instructed by your health-care provider.

# After Surgery

## Preventing/Treating Constipation

- Eat extra fruit, vegetables and whole grains
- Drink extra fluids
- Go for a walk every day

You may need to use a stimulant and stool softener such as Senekot®-S. This medication can be bought without a prescription. Speak to your pharmacist for more information.

## Diet

After surgery you may go back to eating regular food as soon as you are able. Eat a variety of foods so your body can heal well. Eating well is also important to keep the immune system strong, help you be a healthy weight, lessen fatigue and keep your body healthy and strong during cancer treatments.

Having enough protein in your diet is important after surgery and during cancer treatment. Foods high in protein include meat, fish, poultry, legumes (dried beans, peas and lentils), nuts, nut butters, seeds and milk products.

Have a serving of at least one of these high protein foods every time you eat a meal or snack. Follow a healthy way of eating, for example, Canada's Food Guide at [canada.ca/foodguide](https://canada.ca/foodguide).

For more information visit [sharedhealthmb.ca/bhc](https://sharedhealthmb.ca/bhc) and watch the video "Tips for Healthy Eating after a Breast Cancer Diagnosis - During and After Treatment", located under Patient Resources.

Call the registered dietitian at the Breast Health Centre if you have questions about diet, including supplements and lifestyle.

# After Surgery

## After Surgery Follow up

Your surgeon will contact you within 3 weeks of your surgery to review the pathology report. At this time, you will discuss your recovery, the next steps in treatment and recommended referrals.

If you do not hear from your surgeon after 3 weeks following surgery, please call the Breast Health Centre at 204-235-3906 or toll-free in MB 1-888-501-5219 to speak with your nurse.

If your surgeon wants to see you in clinic to discuss the pathology results, you will receive a phone call with an appointment.

If you have wound issues, concerns or questions after discharge from the hospital, please call your nurse at the Breast Health Centre. We are here to help you.

## Bandage Over Your Wound (Incision)

Usually, the surgeons at the Breast Health Centre use dissolvable sutures (stitches). The sutures are under the skin and hold the edges of the incision together. The sutures dissolve or disappear over time and do not need to be removed. Surgical tapes are used to close the incision on top of the skin. You can remove the surgical tapes in 7 to 10 days. Do not worry if the tapes start to peel and fall off before 7 days. They are easy to take off in the shower when wet. If a small area bleeds (leaks) after the surgical tapes are removed, an adhesive bandage such as a Band-Aid™ can be applied to the area.

Sometimes staples or non-dissolving sutures are used. You will be told by your surgeon if you have sutures or staples that need to be removed at the clinic.



**Remember- do not apply soaps, powders, lotions, creams or deodorants to your incision(s) while healing.**

# After Surgery

You may have one of the following bandages:

- You only have surgical tapes over your wound. Keep them dry for 48 hours. After that you may shower. Remove the surgical tapes in 7 to 10 days.
- You have a gauze bandage over your surgical tapes. Remove this bandage after 48 hours but leave the surgical tapes. After the gauze bandage is removed, you may shower. Remove the surgical tapes in 7 to 10 days.
- You have a plastic bandage over your surgical tapes. You may shower after 24 hours. Remove the bandage and surgical tapes in 7 days.
- You have a gauze bandage over your staples or sutures. Change the bandage if it becomes wet. Call your nurse or surgeon to have your staples or sutures removed in 10 to 14 days. You may shower, but keep the bandage dry.

- You have a \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Call your nurse at the Breast Health Centre if you have questions about your bandage.

## Showering

You may shower 48 hours after surgery with the surgical tapes in place even if you have a drain. See page 10 for drain care.

If showering, do not aim or point the shower-head at your incision(s).

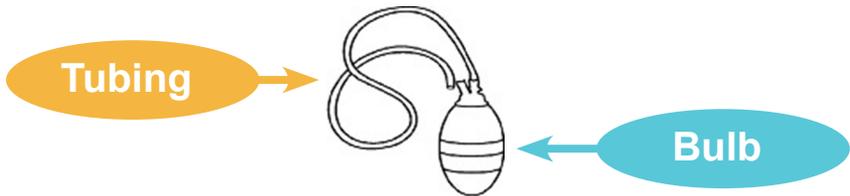
Gently pat the site dry with a clean towel.

If you prefer a bath, keep the water lower than your waist, and below the incision and drain sites. Avoid soaking in the bathtub until the incision has healed.

# After Surgery

## Drain Care

You have a small drain with a bulb. A drain is a small plastic tube that is placed near your incision to remove blood and fluid that can collect under your skin after surgery. Removing the fluid helps the wound to heal and makes you more comfortable. The drain is held in place with a stitch.



- Squeeze the bulb flat after emptying
- **It is important to never separate the tubing from the bulb or container.**
- The amount of fluid that collects in the bulb will slowly decrease. The colour may change from dark red to light pink to yellow. You may see blood clots in the drain tube.
- The drain stays in place for a minimum of **7 to 10 days**, but can be greater than 2 weeks.
- **Your drain(s) will be removed when the total amount in the bulb is less than 30 mL in 24 hours.** If you have 2 drains, you do not have to wait for both drain total amounts to be less than 30 mL. The drains can be removed at separate appointments.
- Call your surgeon's office or a nurse at the Breast Health Centre to make an appointment to have the drain removed. If you live outside Winnipeg, you can call your health-care provider for drain removal. If the total drainage in 24 hours is less than 30 mL over the weekend, wait for the next business day to make an appointment for drain removal.

# After Surgery

## How to Empty Your Drain

Your nurse at the hospital will show you how to empty the drain before you go home. Drains should be emptied 2 or 3 times a day. You can visit [www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc) to watch a video showing how to empty your drain and how to milk the tubing using the Patient Resources link to “Drain Care”.

It is important to wash your hands before and after emptying your drain to prevent infection.

### Milking the Tubing

- The drain should be stripped (milked) before it is emptied to help the fluid flow and prevent the tubing from getting plugged.
- **To milk the tubing:** Wash your hands with soap and water. Dry your hands with a clean towel. Hold the tubing close to the skin. This anchors the tube and prevents pulling. With the other hand, pinch the tubing with your thumb and index finger. Then slide down the tubing, stretching the tubing a little at a time.

Measure the amount with the cup from the hospital. Write it down each time on a record log like the example below. The hospital will provide you with a chart to record the daily amounts.

Date	Morning	Noon	Evening	Total milliliters (mL) in 24 hrs. for each drain
Example				
Nov. 12 (Drain #1)	30	30	20	80
Nov. 12 (Drain #2)	20	15	20	55
Nov. 13 (Drain #1)	30	15	25	70
Nov. 13 (Drain #2)	15	10	30	55

# After Surgery

## Drain Bandage

You may have one of the following bandages covering your drain:

- You have a gauze bandage. Change it in 7 days or sooner if it gets wet.
  - Remove the bandage before taking a shower. After the shower, put on a new bandage. Before you shower, you can tape the tubing to your skin (on your stomach or leg) to decrease the pull from the drain on your skin. You may bathe but keep the bandages dry.
- You have a plastic bandage. Change it in 7 days or sooner if it comes loose at the edges. You may shower or bathe.

## WHEN TO GET HELP

**Usually, problems with drains are non-life threatening and are not an emergency**

Call your surgeon's office or your nurse at the Breast Health Centre if:

- The drain bulb or container will not stay squeezed
- The tubing is blocked and there is a sudden decrease in the amount of fluid coming out
- Fluid leaks around the tube; the bandage is wet
- You see increased swelling or feel fluid collecting under the skin
- The total amount of fluid is less than 30 mL in 24 hours

## After Clinic Hours, Weekends or Holidays

If you have concerns about the drain or the area where the surgery was done:

- Go to the emergency department of the hospital where you had your surgery
- If you live outside of Winnipeg, go to the nearest emergency department

# After Surgery

## Bras and Prostheses (breast form)

### Lumpectomy

If you had a lumpectomy, wear a comfortable, supportive bra after surgery. A bra with a soft band is recommended. This is especially important during the day when you are active. Some women find it more comfortable to sleep wearing a bra.

### Mastectomy

If you are having mastectomy surgery, the site needs time to heal before you can wear a bra or prosthesis. You may be interested in a temporary prosthesis. It is a soft, light form that can be pinned inside of clothes or worn inside a loose-fitting bra. It is made of material that will not rub or hurt the area of surgery while it heals. To avoid irritation to the chest incision, you would only wear a bra and temporary prosthesis for short periods of time at first. You can contact the Canadian Cancer Society at 1-888-939-3333 to request a temporary prosthesis at no cost.

You can be fitted for prosthesis when the incision has healed. This usually takes 6-8 weeks after surgery. You can contact the Breast and Gyne Cancer Centre of Hope at any time for more information about prostheses and the Manitoba Breast Prosthesis Program.

### Activity

Being active helps you recover from surgery. Many of your daily activities are exercises and are good for the arm on the same side as surgery, such as brushing your teeth, combing your hair, getting dressed, and eating.

Go for a walk! Walking helps you recover. When walking, allow your arms to gently swing at your sides.

### AVOID:

- Anything that puts pressure or pulls on your wound.
- Repeated motions with your affected arm, like vacuuming or ironing.
- Lifting heavy objects (greater than 4.5 kg [10 lbs]) with your affected arm for 6-8 weeks while you heal (for example a baby, small child, pet, grocery bags, heavy work bag).

# After Surgery

When sitting or lying down, your arm should be supported on pillows. This may help decrease swelling and provide comfort.

Gradually increase the activities once the wound is healed and check with your health care provider when you can return to your pre-surgery activities. You may feel tired and need extra rest the first few weeks following surgery. Increase activities slowly so you don't get overtired.

You may resume driving when:

- You are no longer using pain medication that can affect driving ability.
- You are pain free and have full normal movement of your arm.

## Exercises after Surgery

**Do not do these exercises if you had breast reconstruction surgery. Be sure to follow the plastic surgeon's activity/exercise instructions. You may do these exercises only when you have the plastic surgeon's okay.**

Start with the exercises below once you are at home. Do these for 2 weeks before moving on to the next set of exercises. Arms should not go above shoulder height during this time. If your drain is in longer than 2 weeks, continue with these exercises until your drain is taken out. After 2 weeks, see page 18 for more exercises if you do not have a drain or after the drain is removed.

After surgery, it is important to begin an exercise program to improve the movement of your arm. Exercises will gently stretch the tight area to help the full movement to return in 6 to 8 weeks.

Do your exercises in front of a mirror to ensure good posture and to compare the movements with your other arm.

Remember – all exercises should be done gently and be comfortable and without pain.

Visit Patient Resources at [sharedhealthmb.ca/bhc](http://sharedhealthmb.ca/bhc) to watch a video showing how to do these exercises. It can be found under the Before Breast Surgery section.

Repeat each exercise one to two times. Slowly increase up to 10 times. These exercises should be done two to three times a day.

# After Surgery

## Shoulder shrugs

- Seated or standing, start in relaxed position
- Slowly raise shoulders
- Take deep breaths
- Lower
- Repeat



## Shoulder rotations

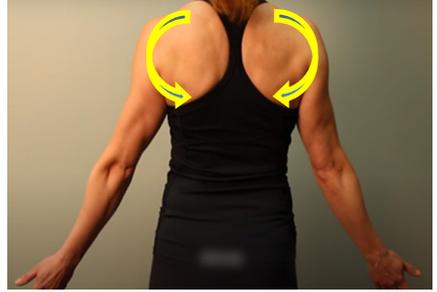
- Slowly rotate shoulders
- Backwards/forwards
- Repeat several times



# After Surgery

## Contract shoulder blades

- Stretches and opens up chest area
- Keep shoulders down
- Arms in relaxed position
- Rotate palms so they face forward
- Take deep breaths
- Relax and repeat



## Arm lifts

- Seated or standing
- Hold hands together
- Slowly lift arms till you feel a gentle stretch
- Take deep breaths
- Lower, relax and repeat

## Squeezing a ball

- Increases circulation
- Reduces swelling
- Stress reliever

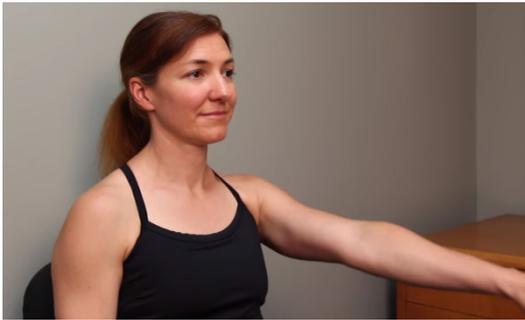


# After Surgery

## Stretches (Seated or Standing)

**Sideways** – raise your arm with a straight elbow and wrist out to the side to shoulder height. Hold while you inhale for 3 seconds and relax as you exhale for 3 seconds.

Repeat.



**Forward** - raise your arm forward with a straight elbow and wrist in front of you to shoulder height. Hold while you inhale for 3 seconds and relax as you exhale for 3 seconds. Repeat.

**Elbows bent** – Place both hands behind your ears, maintain good posture. Elbows should point in front of you. Slowly open your elbows out to the side so that you feel a gentle pull through your chest. Hold for 5 seconds and then relax. Repeat.



# After Surgery

## More Exercises

Start these exercises 2 weeks after surgery when there is no drain, or 2 or more weeks after surgery once your drain is out. You should continue the exercises until you can move your arm normally, which usually takes 6-8 weeks. If you have any questions or concerns, contact your health-care provider.



### Wall walking sideways

- Stand facing the wall, arm's length from wall
- Keeping your elbows straight, slowly walk your fingers up the wall as high as you can
- Take several deep breaths while holding the stretch
- Slowly walk back down
- Relax
- Repeat

### Wall walking forward

- Stand facing the wall, arm's length from wall
- Keeping your elbows straight, slowly walk your fingers up the wall as high as you can
- Take several deep breaths while holding the stretch
- Slowly walk back down
- Relax
- Repeat



# After Surgery

## Back scratch stretch - down

- Using the good hand to hold one end of the towel at the back and the affected hand to hold the towel at the neck, gently pull the affected arm down the back in a drying-your-back motion.
- Hold stretch for up to 30 seconds
- Relax and repeat



## Back scratch stretch - up



- Using the good hand to hold one end of the towel at the head and the affected hand to hold the towel at the hip, gently pull the affected arm up the back.
- Hold stretch for up to 30 seconds
- Relax and repeat.

# After Surgery

## Lymphedema

### **Q: What is lymphedema?**

**A:** Lymphedema is swelling in your arm, hand, breast or chest wall that may occur at any time after breast cancer surgery and/or treatment.

### **Q: How is lymphedema related to breast cancer?**

**A:** When lymph nodes in the armpit are removed by surgery or damaged by radiation, the lymph fluid can no longer flow through its usual channels. If it does not find another way, the lymph fluid builds up in the arm, breast, chest or trunk and swelling results.

### **Q: Does everyone with breast cancer get lymphedema?**

**A:** No. Most will not get lymphedema. Current findings suggest that the risk of developing lymphedema is based on a number of factors such as the number of lymph nodes removed, your Body Mass Index (BMI), and if you have radiation as part of your treatment plan.

### **Q: How soon after surgery could I get lymphedema?**

**A:** Lymphedema may happen soon after surgery or may not happen until years later. Sometimes an injury or infection may cause it.

### **Q: Can lymphedema be prevented?**

**A:** No. See [www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc) Lymphedema Treatment or ask for the lymphedema pamphlet on how to reduce your risk of getting lymphedema.

### **Q: Can lymphedema be cured?**

**A:** No. Lymphedema is a chronic condition and cannot be cured. It can be managed with treatment.

### **Q: How is lymphedema treated?**

**A:** Lymphedema treatments help the lymph fluid find other ways to move through the body. These therapies are:

- a. Combined Decongestive Therapy, which includes manual lymphatic drainage, compression bandaging, exercises and skin care.

# After Surgery

- b. Compression sleeve and glove are worn to control swelling.
- c. Self-manual lymphatic drainage and exercises for self-care at home.
- d. Maintaining a healthy body weight and doing resistance and cardiovascular exercises.

## **Q: Where can I receive breast cancer related lymphedema treatment/services?**

**A:** If you have concerns about lymphedema, talk to your health-care provider. Lymphedema can be treated and managed with proper care. The Breast Health Centre offers these services on site at no cost (excluding garments). A referral from a physician is required. If you choose to seek services privately, please ensure you choose someone that is a certified lymphedema therapist.

## **Watching for signs of lymphedema**

The start of lymphedema can be hard to notice, but it's very important to treat it quickly. Tell your health-care provider right away if you notice swelling in your hand, arm or chest wall - even if it happens years after treatment. Some other signs to watch for are:

- Feeling of fullness, puffiness or heaviness in your arm.
- Decreased movement in your hand, wrist or arm.
- Jewelry (including watches) feeling tight even though your weight hasn't changed.
- Problems fitting into your sleeves.
- Redness or increased warmth, which may mean that you have an infection.
- Try to avoid anything tight on the arm on the surgery side.
- Whenever possible, avoid using the arm on the surgery side for blood pressure, blood tests or intravenous (IV) therapy. If medical intervention is required and that arm is needed for tests or life-saving treatment, please allow it.
- Wear jewelry and clothing that is not tight.
- Avoid sleeping on your surgery side.

# After Surgery

## Learning More about Lymphedema

Research continues to develop regarding recommended precautions breast cancer patients should take when blood pressure tests, blood draws, injections and IVs are required.

Currently, we know that lymphedema cannot be prevented, but there are guidelines to reduce the risk of it developing.

Lymphedema treatment should be individualized by your certified lymphedema therapist and health care providers. Discuss your risk of developing lymphedema with your nurse/doctor or ask to be referred to a certified lymphedema therapist.

For more information visit [www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc) and click on Lymphedema treatment to view the *Your Guide to Breast Cancer Related Lymphedema* pamphlet and to watch the videos on lymphedema and arm exercises.

If you think you have signs or symptoms of lymphedema, contact your health-care provider right away. You can also contact a lymphedema therapist at the Breast Health Centre if you have any questions or concerns about lymphedema.

## Emotional Recovery

There are many resources and supports available to you.

A social worker at the Breast Health Centre may help you link to other resources as needed. The social worker may also help with financial concerns, talking to your family about cancer, finding hope and rebuilding your life and other concerns.

Call the Breast Health Centre to arrange an appointment. For more information visit [www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc) and click on Psychosocial counselling.

# After Surgery

## **Breast & Gyne Cancer Centre of Hope (CancerCare Manitoba)**

Call the Breast and Gyne Cancer Centre of Hope to talk with a Breast Cancer Patient & Family Educator.

She can help you and your family learn about your cancer and treatment options so you can make informed decisions. Having good information can help you cope with your illness. You can ask to be matched with a breast cancer survivor (peer support) who will share their experience with you and provide you with support.

The Breast & Gyne Cancer Centre of Hope can provide information about the Manitoba Breast Prosthesis Program. Call Breast & Gyne Cancer Centre of Hope to arrange an appointment. For more information visit [www.cancercare.mb.ca/hope](http://www.cancercare.mb.ca/hope).

## **Information Online**

The Breast Health Centre's website has many resources that can help support you through treatment. Be sure to visit and bookmark [www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc).

Did you know your food choices can help boost your energy and immune system while you are in treatment? Visit our website and go to Nutrition services.

We offer a list of web resources and links for further information on many topics related to breast health, breast cancer, lymphedema and more.

Consider visiting these websites for information on programs and services related to breast cancer and breast health:

**Breast and Gyne Centre of Hope** [www.cancercare.mb.ca/hope](http://www.cancercare.mb.ca/hope)

**CancerCare Manitoba** [www.cancercare.mb.ca](http://www.cancercare.mb.ca)

**Canadian Cancer Society** [www.cancer.ca](http://www.cancer.ca)

This symbol, etched on the windows  
and doors of the Breast Health Centre,  
represents the many paths  
individuals take on their journey  
to recovery and wellness.

Breast Health Centre  
100-400 Taché Avenue  
Winnipeg, Manitoba R2H 3C3  
Phone: 204-235-3906  
Toll-free: 1-888-501-5219  
[www.sharedhealthmb.ca/bhc](http://www.sharedhealthmb.ca/bhc)  
Clinic hours:  
Monday - Friday, 8 a.m. to 4:30 p.m.



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