

IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. A night-stand or refrigerator are common places many patients choose. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

Breast Surgical Patient

What to Expect After Surgery

- Greatest discomfort will be within the first 48 hours after surgery.
- Some bruising.
- Some swelling.
- Drainage at incision site (may also have a drain at incisional site).

Surgical Site Care Instructions

- You may remove bandages 48 hrs after surgery.
- DO NOT shower until the drain at incisional site is removed (*if applicable*). Only sponge bathing until that time.
- (*if applicable*) Drain at the incisional site is to be emptied every 12 hours or more often as needed. Also, drain is to be “stripped” as needed (stripping instructions given by hospital staff prior to hospital discharge).
- *Incision closing material will be removed at your first follow-up visit to our office (if applicable).*

Pain Mgmt After Surgery

- You will be given an appropriate prescription for pain medicine. Take as directed by your physician.
- After that initial prescription, a patient’s remaining pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.

Other Helpful Information

- May drive once you are no longer using prescription pain medicine.
- Encouraged to be out of bed and to walk, the day following surgery.
- Avoid strenuous activity/lifting greater than 20 pounds for one week after surgery. Then proceed with activities as tolerated.
- (*Mastectomy patients with no reconstruction*) Begin post-operative exercises the day following your surgery.
- (*Mastectomy patients with reconstruction*) Post-operative activity will be directed by performing plastic surgeon.

When to Contact Our Office

- Fever of 101° or greater.
- Increased redness or swelling around incision.
- Thick, odorous drainage from incision.
- Bleeding that will not subside.
- Have a sudden increase in pain.