

General Instructions Following Breast Surgery

***If you have increasing redness around the incision sites, thick drainage, or fever above 101°F call the office as soon as possible (314-434-1211) to speak with our clinical staff.**

WHAT TO EXPECT

- Everyone's pain tolerance is different. You will be sore for 3 days following your surgery. Each day will get better, thereafter (*i.e. you will begin to notice improvement on day 4-5*).
- You may or may not turn black and blue around your incision and surrounding tissue.

INSTRUCTIONS

- Apply ice to incision for 1 day after your surgery. *Be sure to place a towel between your skin and the ice pack to avoid direct contact.*
- If you have small strips of tape directly on your skin (steri-strips) under your dressing, leave those on and do not remove them *until 7-10 days after surgery.*
- You may shower on the **2nd post op day**. Remove the dressing. Leave steri-strips on.

MEDICATIONS

- You will be sent home on pain medicine. While on pain medicine, it is a good idea to take a stool softener to counteract constipation. You can also take Milk of Magnesia, MOM. All are over the counter. You **should not** drive while on pain medicine.
- If you feel that the pain medication is too strong, you may take Ibuprofen (*Advil*) or other over the counter pain medication that has been approved by your Primary Care Provider. Do **NOT** take in conjunction with your prescription pain medication

RESTRICTIONS

- You should not do any strenuous exercise for 4-6 weeks unless directed otherwise. No lifting over 10-15 lbs. (Ex: a gallon of milk weighs 8 lbs)
- You may walk as much as you want.

SURGERY SPECIFIC INFORMATION

- *For less extensive breast surgeries (Breast biopsy)*: You may find comfort in wearing a bra for 24 hours after your surgery.
- *Lumpectomy*: Wear either the breast jacket that was provided to you at surgery, or your own bra, day and night for approximately 1 week for support of the breast.
- *Mastectomy*: If you have a J-P drain in, (Jackson Pratt) you will not be able to shower until the drain is removed. This usually is removed in the office on the 3rd-5th post op day (*or when drainage greatly decreases*). The doctor will tell you when this should be removed. You will call the office to make that appointment with the nurse or doctor.
 - Please empty the drain twice a day and record the output.
 - You do not need to save the fluid for your surgeon to see.
- *Breast Jacket* – leave breast jacket on and dressing in place until seen in our office for your drain removal.

FOLLOW UP

- Call the office for a follow up visit 1-2 weeks after your surgery.
- If you have increasing redness around the incision, drainage, or fever above 101°F call the office.
 - Your incision site(s) *may* drain.
 - Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool
 - Clear to light pink/red drainage is normal a few days after surgery
 - You may apply loose dressings to stop any drainage from soiling clothing.

The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.