



S U R G I C A L A S S O C I A T E S O F G A D S D E N

Post-operative instructions for

Breast Surgery

Diet

1. It is ok to resume a regular diet without restrictions as tolerated.

Activity

1. It is ok to climb stairs, walk to the mailbox, etc. as tolerated.
2. Do not drive until you are off narcotic pain medication and able to steer, press the brakes, etc. without pain.
3. Do not lift over 20 lbs. for six weeks from the surgery date.
4. You are encouraged to be up and around as much as possible.
5. Wear a good supportive bra for 24 hours a day for the next 2 to 3 days.
6. Continue taking your routine medications.

Wound care

1. It is ok to remove your dressing and shower on the second day or 48 hours after your surgery if there is no drain in place. Pat the incision dry with a towel and leave uncovered. If you have staples in place, it is ok to leave them uncovered. If you wish to prevent the staples from catching your clothes, it is ok to cover the incision with a dry gauze and tape.
2. Some bruising around the incision is normal.
3. Leave steri-strips in place until post-op visit.

Follow-up

1. Follow-up in the office in 7-14 days for staple removal/post-op. This appointment should be in your black folder given to you in the office. If your appointment was after-hours and you did not receive a black folder, the office should call you with a post-op appointment; if they do not, please call us to schedule one.
2. Call the office for any of the following:
 - nausea, vomiting, or diarrhea
 - fever > 101.5°
 - pain unrelieved with prescribed pain medication
 - wounds that are red or draining fluid

Drain care

1. Clean around the drain site daily with hydrogen peroxide.
2. Do not shower or immerse the drain site in water.
3. Empty the drain and *recharge the drain* as instructed at least once daily. If the drain becomes full, empty as needed. Record the amount of drainage each time you empty it.

You must consult with your physician upon your post operative appointment regarding returning to work.

Please feel free to call for any questions or concerns!