



# SOUTHEASTERN SURGICAL ASSOCIATES

## DISCHARGE INSTRUCTIONS

### BREAST SURGERY

**DIET:** You may resume your usual diet as soon as you feel hungry. It is a good idea to drink plenty of fluid such as water, juice, or Gatorade for the next day or two following your surgery.

**WOUND CARE:** You will have a dressing in place after surgery which will be either gauze with tape or a clear plastid dressing adherent to the skin. Beneath the dressing will be small tape strips applied directly to the skin. You may remove the outer dressing 24 hours after surgery, but please leave the tape strips in place. You may shower after 24 hours with the tape strips in place. These will be removed in the office. You will be given an ice pack in recovery to apply to the operative site. Please use this at intervals for the first 24 hours. The ice pack will supply some comfort to the area as well as reduce the bruising and swelling in the area. You may find it more comfortable to wear a bra around the clock for the first few days and even to sleep in your bra. Some tenderness and pain is to be expected after surgery, however, if the breast is very swollen, getting tenderer each day, or if you notice any redness or persistent drainage from the wound you should call the office. These wound care instructions also apply to any incision you may have under your arm if you had a lymph node biopsy.

**ACTIVITY:** You may resume your usual activities as soon as you feel comfortable to do so. Use your arm for those activities you would normally do throughout your day. Avoid any direct trauma to the breast as this may cause delayed bleeding in the surgical site. Do not resume any weight lifting, jogging, swimming, or other strenuous exercise until you have been seen in the office. You should, however, try to go for walks, at least three times a day. You may resume driving when you are pain free and off any narcotic medications.

**MEDICATIONS:** You will be given a prescription, for a mild narcotic, either Vicodin or Davocet. Take one tablet every 4 hours as needed, and this; may be increased to two tablets every 4 hours if needed. You may also take over the counter ibuprofen such as Advil, Aleve, and Motrin in, addition to the narcotic. Tylenol is also acceptable but please avoid aspirin or any products that contain aspirin for a few days. Constipation is occasionally a problem with narcotics. To avoid constipation, eat a diet high in fiber, drink plenty of water and juices, and if needed you may take a mild laxative.

**FOLLOW-UP:** Call the office to make a follow-up appointment for 7 to 10 days after surgery.

**EMERGENCY:** If you have any problem or questions, do not hesitate to call the office number. After office hours you will be instructed to leave a message for the doctor on call who will call you back shortly. Call if you have severe pain, and fever greater than 101 degrees, any drainage from the wound or any nausea and vomiting. If it is an extreme emergency please go directly to the Emergency Room.