

After Your Mastectomy

WOUND CARE INSTRUCTIONS

1. You will have one incision.
2. All stitches are buried under the skin and glue or steri-strips are used to hold the skin together. The glue will peel off. The steri-strips will fall off. If you believe the steri-strips are causing skin irritation, please notify the office.
3. You will come home with a pink bra. You can remove the bra in 48 hours and shower.
4. Apply ice pack to the incision the 1st night and as needed thereafter.
5. You may shower in 48 hours. Dial and Safeguard are good antibacterial soaps to use. No creams or lotion to the wound until the glue peels off or steri-strips fall off.
6. Don't shave or use deodorant to the affected side for 1 week.
7. There may be bruising after surgery, this is normal. An intensely red, hot and tender breast is not normal and should be reported.
8. There may be slight drainage from the wound. Place a dry gauze or bandage on the wound to absorb drainage. Bright red blood should be reported.

PAIN

You will be given a prescription for hydrocodone. If your pain is not as severe, you may use extra strength Tylenol or Ibuprofen every 4-6 hours.

EXERCISE

You may use your arm on the affected side. No lifting greater than **10** pounds, reaching above shoulder level or strenuous activity until the drains are removed.

Begin American Cancer Society exercises after drains are removed.

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WORK

You may return to work in 4-6 weeks. Possibly sooner with sedentary job.

DRAIN REMOVAL

Call the office for appointment in 5 days for drain removal. Drains will be removed with output is **less than 40 mL for 24-hour period**.

AT YOUR FOLLOW UP APPOINTMENT

At your follow up appointment, **we will discuss your pathology**. We will discuss scheduling appointments with a medical oncologist and radiation oncologist. You will need to heal at least 3 weeks before you begin radiation therapy or chemotherapy, should that be indicated.

When to call the doctor:

- Fever greater than 100.5 orally.
- Increasing pain at the incision site.
- Large amount of drainage that is soaking the bandage.
- If the area around the incision becomes red, inflamed, or foul smelling.

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