

After Your Breast Conserving Surgery

(Partial Mastectomy / Sentinel Lymph Node Biopsy)

WOUND CARE INSTRUCTIONS

1. You will have an incision on your breast and under your arm.
2. All stitches are buried under the skin and "super 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 may remove it the bra the day after surgery and shower. You don't have to replace the dressing or wrap.
4. Apply ice pack to the incision on the breast the 1st night and as needed thereafter (20 minutes on, 20 minutes off).
5. Wear a comfortable bra for support for the next week if possible. A sports bra or front closing bra works best. The less your breast moves the less it will hurt.
6. 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.
7. Don't shave or use deodorant to the affected side for 1 week.
8. There may be bruising after surgery, this is normal. An intensely red, hot and tender breast is not normal and should be reported.
9. 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 every 4-6 hours or Ibuprofen (Motrin, Advil).

BENRUS SURGICAL

(636) 916-7100 main (636) 916-7110 fax

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EXERCISE

You may use your arm after surgery. No lifting greater than 10 pounds or strenuous activity for one week.

WORK

You may return to work in one week, possibly sooner if sedentary job. Let me know if you require a work release.

AT YOUR FOLLOW UP APPOINTMENT

Call the office for follow up visit week after your surgery.

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 drainage.

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DRAIN CARE LOG

DATE & TIME	DRAIN #1	DRAIN #2	DRAIN #3	DRAIN #4
Example: 1/23/23 7:00 am	25 mL	30 mL		
7:00 pm	60 mL	22 mL		

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AT BARNES-JEWISH ST. PETERS

DATE & TIME	DRAIN #1	DRAIN #2	DRAIN #3	DRAIN #4

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