

Breast Cancer Surgery (Lumpectomy, Partial Mastectomy, Total Mastectomy)

You will most likely to go home accompanied by a responsible adult. If you had general anesthesia, you may feel drowsy or nauseated for a temporary period of time that may last 12-24 hours.

Incision Care:

Some pain, as well as bruising, around the surgical site is expected and anticipated. This should resolve in a few days.

Following complete mastectomy:

You will have a gauze dressing, covered by an ace wrap over you incision. This dressing will be removed at your first follow-up appointment which in this instance will be 2-3 days following surgery. Only sponge bathe until after this appointment. Do not submerge your incision.

You may arrive home with one or two drains. The drain reservoirs need to be measured and emptied each day until you office visit. Please bring the recorded measurements with you to your office visit.

After initial dressing is removed, you should examine your incision every day. If you should notice a change such as increased tenderness or redness after several days, this should be reported to the office.

Keep the arm on the side of the breast surgery elevated on one or two pillows at night or while relaxing; avoid outdoor gardening and activities.

Following partial mastectomy or lumpectomy:

You may remove your dressing after 48 hours and shower. Avoid baths or hot tubs for the first week. You will likely have small pieces of tape (steri-strips) over your incision. The tapes will naturally fall off over time, do not manually remove them.

Diet:

You may resume a regular diet when you return home, however it is recommended that you eat light, easily digestible food for the first day or so after surgery and it is highly recommended that you avoid foods that give you excessive gas. Avoid hot, spicy foods in the initial few days to allow your gastrointestinal tract to return to normal. To avoid constipation, particularly if you are taking narcotics for post-operative pain control, you may have a gentle laxative such as Milk of Magnesia.

Medication:

Please be sure to take all medications that you take on a regular basis. However, it would be a good idea to avoid Aspirin, Motrin or Advil for five days after your operation, unless prescribed or recommended by your surgeon

Pain medication will be prescribed for you; you may take it as needed. You should avoid driving, operating heavy equipment. Side effects of narcotics may include nausea, vomiting, lightheadedness, rash, irritability, or fatigue. Once pain begins to subside, you may try switching to some plain Tylenol after the first day or two since you may no longer need the narcotic. This will help to avoid constipation as well.

Activity:

You are to avoid heavy lifting especially on the side which you have had surgery. Some bruising areas around the surgical site are not unusual and will resolve over the next few days.

Activities such as deep breathing, walking and going up stairs will encourage the resolution of some of the stiffness and discomfort and is highly recommended.

Resumption of driving is dependent on the type of procedure you have had and your level of pain and mobility, generally a few days to up to two weeks after surgery. After major abdominal surgery, it is recommended you wait until your first post-operative visit to the surgeon before initiating any driving.

Call the Office at (815) 744-0330:

- When you return home from surgery to schedule a follow-up appointment to take place 7-10 days after surgery date.
- If you have bleeding from the surgical site that requires more than two maxi-pad dressing changes.
- You are still unable to have a bowel movement after trying Milk of Magnesia on the fourth day following surgery.
- You develop a fever of 101 degrees or higher following the day of surgery. However, low-grade fevers are not unusual after abdominal surgery and should be managed with coughing, deep breathing, and walking. You may take over the counter Tylenol every 6 hours as needed.
- If you have any other problems or concerns.

Go to the Emergency Room:

- If you have been unable to urinate six to eight hours after being discharged from your surgery and have a feeling of fullness.
- If you notice any unusual intra-abdominal organs protruding through your incision.
- If you have serious problems and are unable to reach your surgeon or office staff.