

Mastectomy without Reconstruction **Discharge Instructions**

Wound Care:

1. All of your stitches are buried under the skin and surgical 'super glue' is used to help hold the skin together.
2. You can shower the day after your surgery and get your wound wet. Let soapy water run over your wounds. You may resume showering as usual in 1 week. Avoid baths/submerging for 2 weeks.
3. It is normal to have some bruising after surgery.
4. There may be a small amount of drainage from your wounds, this is usually normal and nothing to worry about. Place a dry gauze or bandage (available at any drug store) on the wound to absorb any drainage.

For pain:

1. Wear your bra as much as possible including to bed. The less your breast moves the less it will hurt. Padding the inside of the bra with gauze, tissues, or soft cloths can help decrease pain from any contact to your chest wall.
2. Ice packs to the area may help as well.
3. You may take Tylenol, Ibuprofen, Aleve or Advil every 4-6 hours as directed on the bottle for mild or moderate pain.
4. You will be given a prescription for more severe pain. You can use it as needed. It may be combined with Ibuprofen, Aleve or Advil if additional pain relief is needed before the next dose is due.

Other Instructions:

1. You may not drive until all drains are removed. Consider placing a pillow between your chest and seatbelt during car trips for comfort.
2. Avoid heavy lifting or excessive overhead/upper-body work for 4 weeks. Please do range of motion exercises as instructed.
3. You may return to work once you no longer need the prescription pain medications. Most patients can return to work in approximately 2-3 weeks.
4. If you need a work excuse for the day of surgery or for any days thereafter, please let us know.

When to call the doctor:

1. If you have severe, uncontrolled pain at the biopsy site.
2. If you run at fever of 100.5°F or higher within a few days of the biopsy.
3. If you have excessive weakness, fatigue, increasing paleness of skin, change of mental status, or loss of consciousness.
4. If you have a large amount of drainage that is soaking the bandage more than once a day.
5. If you notice significant swelling in either breast, particularly if associated with increased bruising.
6. If the area around your wound becomes red/inflamed or odorous.

Follow Up Appointment:

Follow up appointments are generally scheduled approximately 7-10 days after surgery unless otherwise specified. Please call the office to schedule an appointment. We will go over your pathology at the time of your follow up appointment.