

**Post-Op Instructions After Mastectomy**

**Incision Care**

- You will have gauze dressing over the incision. You may remove it in 48 hours and then sponge baths are okay until the drains are removed. New dressings over the incision are optional.
- There are brown tapes called steri-strips that cover the incision itself. They may get wet, just pat the incision area dry after showing. Leave these steri-strips on until your follow up visit.
- You will have a drain in called a JP drain. This needs to be emptied at least twice a day and the amount of fluid recorded in a log book. It is also helpful to state what the fluid looks like. It is important to strip the drains at least twice a day so they don't get clogged.

**Activity**

- Avoid any activity that involves abducting your arm on the side of the surgery. This means any motion that moves your arm away from the body because this increases the tension on the skin flaps where the surgery was done.
- You will be shown exercises to do as well while you are in the hospital. Do not begin them until cleared to do so by the doctor.
- Avoid any heavy housework, lifting (over 10 pounds), etc. until cleared by the doctor.
- No driving until after the drains have been removed.

**Follow-Up**

- We need to see you in the office in 3 to 7 days to check the incision and review the path report.
- Please call the office at 341-5311 to schedule this if not already scheduled.

**Diet**

- You may resume a normal diet, but try to drink plenty of fluids for the next few days.

**Pain Medications**

- You will be given a prescription for a narcotic containing pain medication such as Percocet or Lortab. Take them with food and plenty of water. They can cause drowsiness and nausea.
- The pain medication may cause constipation. If so, take milk of magnesia as per the instructions on the bottle. You may also use over the counter stool softeners like Colace.
- Do not drive or operate heavy machinery while taking these medications. You may not drive until off the pain medications for at least 24 hours and are cleared to do so by your doctor.

**Call our office at 341-5311 during business hours or after hours call the hospital at 341-2556 if:**

- Fever 101°F or higher.
- Spreading redness and swelling or drainage of pus from the incision site.
- Worsening pain from the incision area or swelling of the operation sites, bleeding, or large amounts of blood coming through the drains.
- In case of emergency, go to the Claremore Regional Hospital Emergency Room.

***I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS***

\_\_\_\_\_ Patient/Guardian      Date \_\_\_\_\_