



DeKalb Medical

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POST OPERATIVE INSTRUCTIONS FOR LUMPECTOMY

These are some comments about the operative procedure which will help you understand the postoperative phase. Please call the office if you have other questions, or are unsure about any phase of your recovery.

- ACTIVITIES:**
- Avoid any exertion other than walking until you come to the office for your postoperative appointment. We will discuss exercises at that time.
- WOUND CARE:**
- Your incision is closed at the skin, and then covered with surgical glue. Do not sit in a tub, as the glue will come off and the incision will get wet. Please do not use deodorant on that side. If there is a drain apparatus, empty the bulb through the side spout several times a day and record the amount. Remember, the drain is not working unless the sides of the bulb are compressed and creating suction.
- BATHING:**
- May shower unless you have a drain in place. If you have a drain, you should sponge bathe.
- MEDICATION**
- **Your operation is not painless.** Expect local discomfort and discomfort with movement. Take the pain medication when you need it.
- SPECIAL INSTRUCTIONS**
- There may be some degree of swelling around the incision. This is normal and will recede in time.
 - There may also be some discoloration around the incision. Blood or fluid from the surgery can come to the surface, and the effect will recede with time.
 - Support of the breast is often helpful. Wear a soft brassiere day and night for the first several days. The effect desired is to reduce movement of the breast, but not to compress it.
 - Placing an ice pack over the dressing after surgery, particularly the day of the operation, will help both to reduce local pain and to reduce swelling. Application of heat is not advisable immediately after surgery.
- RETURN TO OFFICE**
- Call today for your postoperative appointment in 7 days. The office phone number is **404-501-9170**.

Call your physician if you have unusual symptoms such as bleeding, swelling, burning, abnormal discharge, bladder or bowel problem, extreme pain, vomiting, prolonged nausea, temperature over 100.4 degrees Fahrenheit.

DO NOT HESITATE TO CALL IF YOU ARE HAVING ANY DIFFICULTY AND/OR QUESTIONS.