



# DeKalb Medical

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## POST OPERATIVE INSTRUCTIONS FOR MASTECTOMY

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. When you come to the office we will discuss postoperative exercises.
- WOUND CARE:**
- Your incision is closed at the skin, and then covered with gauze and surgical tape. Do not sit in a tub, as the plastic covering will come off and the incision will get wet. However, if the dressing does get wet for ANY reason, just remove it and call the office for instructions. If you have a drain tube, remember to keep track of the amount of drainage. Empty the bulb several times a day by pouring the fluid out the drain spout and replacing the cap. Be sure the side of the bulb remains compressed to create suction.
- BATHING:**
- “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.
  - You may wear a soft, padded brassiere over the dressing.
  - Do not use deodorant on the side of surgery.
  - Do not allow an injection, an IV, or blood pressure measurement on the side of your 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.**