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## **BREAST LUMPECTOMY or PARTIAL MASTECTOMY/ BREAST BIOPSY Post-Operative Instructions**

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**DIET:** You may resume your usual diet as soon as you feel hungry. It is a good idea to drink plenty of fluids, either water, juice, or Gatorade, for the next day or two following your surgery.

**WOUND CARE:** You may shower 24 hours after surgery, but do not scrub over the steri-strips or dermabond (skin glue). Remove the dressing before showering and leave it off if there is no drainage. Avoid bathing or swimming for two weeks. If you have a dressing, you may change the gauze dressing 24 hours after surgery. Call the office if there are any signs of infection such as pain, redness, or persistent drainage. You may use ice to apply at the operative site at intervals for the first 24 hours. The ice pack will supply some comfort to the area as well as reduce the bruising and swelling in the area. You may find it more comfortable to wear a bra around the clock for the first few days, and to even sleep in your bra. Some tenderness, and pain is to be expected after surgery, however, if the breast is very swollen, getting more tender each day, or if you notice any redness or persistent drainage from the wound you should call the office. These wound care instructions also apply to any incision you may have under your arm if you had a lymph node biopsy.

**ACTIVITY:** You may resume your usual activities as soon as you feel comfortable to do so. Use your arm for those activities you would normally do throughout your day. Avoid any direct trauma to the breast as this may cause delayed bleeding in the surgical site. Do not resume any weight lifting, jogging, swimming, or other strenuous exercise until you have been seen in the office. You should, however, try to go for walks at least three times a day. You may resume driving when you are pain free and off any narcotic medications.

**MEDICATIONS:** You will be given a prescription for a mild narcotic, either Vicodin or Norco. Take one tablet every four hours as needed, and this may be increased to two tablets every four hours if needed. You may also take over the counter ibuprofen such as Advil, Aleve, and Motrin in addition or substitution to the narcotic. Beware of taking maximum doses of pain medication along with plain Tylenol, as many of these have acetaminophen in them. Tylenol is also acceptable but please avoid aspirin or any products that contain aspirin for a few days. Constipation is occasionally a problem with narcotics. To avoid constipation, eat a diet high in fiber, drink plenty of water and juices, and if needed you may take a mild laxative, such as prune juice or milk of magnesia.

**FOLLOW-UP:** The nurse from the office will call and check on you 1 to 2 days after surgery as well as to make you a follow-up appointment for 7 to 10 days after surgery.

**EMERGENCY:** If you have any problem or questions, do not hesitate to call the office number at 281-213-5218. After office hours, the answering service will contact the doctor on call who will call you back shortly. Call if you have severe pain, and fever greater than 101 degrees, any drainage from the wound, or any nausea and vomiting. If it is an extreme emergency please go directly to the emergency room.

**Thank you for allowing me the privilege of providing you surgical care.**