

Breast Surgery Discharge Instructions

- No lifting more than 15 pounds for one week unless otherwise instructed.
- OK to drive when you have stopped using prescription pain pills.
- For mastectomy: leave dressing on until your follow up appointment.
- Lumpectomy/biopsy: leave dressing on and keep area dry for 48-72 hours. May shower after 48 hours with incisions uncovered. Showers only for one week post op, NO baths.
- Leave steri-strips on the incision for one week unless they cause irritation then remove. A light dressing may be applied for comfort, or may leave incision open to air after showering post operatively. Wash hands before and after dressing changes.
- Avoid constipation. Avoid straining for bowel movements. May use fiber laxatives, stool softeners, or Milk of Magnesia as needed.
- If you have a JP drain, empty once daily or as needed if bulb is full. Record daily outputs.
- Expect some bruising and occasionally small amounts of drainage from the area.
- Wear a well-fitting bra day and night for 36-48 hours. May use ice packs for comfort.
- Wear surgical hose until up and ambulating well. May remove for 1 hour a day and while bathing.
- Resume your regular diet and medications unless otherwise instructed.
- Return to work determined by surgeon.
- If you have any of the following occur, please contact your surgeon:
 - Chills or fever over 101°.
 - Severe pain not relieved by medication.
 - Redness, drainage, foul odor, or swelling at surgical site.
 - Persistent or heavy bleeding other than what was described by your surgeon.
 - Bleeding from surgical site 7-10 days after surgery.

Additional Instructions and Medications: _____

Follow up Appointment: _____ AT _____

It has been our pleasure to take care of you. If you have any questions about your care, please contact our office during normal business hours at 712-262-6320. After hours or weekends, please call your local emergency room.