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Patient Instructions

MASTECTOMY

If dressings are present, remove them daily and clean incisions with soap and water. Reapply dry gauze sponges and tape. This is most easily done in the shower.

Continue daily dressing changes until the wound is dry and no longer draining.

A drain or drains may have been placed at the time of surgery. These have been secured in place with sutures and are meant to be removed in my office on your first post-operative visit.

Do not apply any ointments to wounds (including but not limited to antibacterial creams.)

No aspirin products, Ibuprofen, Advil or Aleve please. Use only Tylenol for discomfort – one or two tablets every four hours as needed.

For more severe pain, you will need a prescription medication. Fill and use prescriptions, if given to you, as directed on the bottle.

Some swelling and bruising is normal and may last up to several weeks.

Watch for fever greater than 101 degrees or excessive pain, swelling or drainage from the incisions.

Call me if you have any problems.

Please call my office on the next working day and make an appointment to see me during the next business week if you have drains or in 7-10 days if you have no drains or have a reconstruction.