

Breast Surgery

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Return to normal activity gradually.
3. It is important to exercise the arm daily as per your doctor's instructions.
4. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
5. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
6. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
7. Resume your regular diet as tolerated. Do not drink any alcoholic beverages or use recreational drugs including beer and wine for 24 hours after your surgery.
8. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
9. You may notice that the solution used to cleanse your skin for surgery has coloured your skin. This will wash off with soap and water.
10. Keep fabric wrap on for 5 days. Once wrap is removed by Surgeon continue to wear a supportive bra for the next month including while sleeping.
11. If you have steri-strips (tapes) they will fall off over a 2 week period; please let them fall off on their own rather than removing them.
12. If you have a drain follow these instructions:

13. You should note the amount and character of the drainage when emptying the drain. You can then report this information to your doctor.

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14. Do not allow injections, placement of IVs, drawing of blood or placement of a blood pressure cuff on the affected arm until advised by your doctor to do so.

15. You may shower after the dressing has been removed, gently pat incision dry.

16. Contact your Doctor or seek medical attention if any of the following occurs:

- Signs of infection, including fever and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

... Call your surgeon/doctor,

... or call Telehealth 1-866-797-0000

... or come to the Emergency Department at Georgian Bay General Hospital

17. The day after your surgery call your Surgeon's office to make your follow-up appointment for _____ week(s)

Specific Instructions:
