

## After Breast Surgery

- The following information can assist you in your recovery from breast surgery.
- If you have questions after reviewing this information, please call the office.
- If your surgery included plastic surgery, please follow their patient instructions.

## Medications/Pain Management

### Home Medications

- Restart your regular medications unless specifically told otherwise.

### Pain Medication

- Rate your own level of discomfort/pain (1-10).
- Pain score 1-5:
  - Consider use of Tylenol +/- Ibuprofen for first few days to week. See dose and frequency on separate handout.
- Pain score greater than 5:
  - Consider adding stronger pain medicine (call for prescription if not provided).
- Consider stool softener or laxative if taking stronger pain medicine (Senna, Colace or Miralax).
- Pain control is easier when taking medications before the pain becomes severe.

### Ice Pack

- Ice pack to the incision may help decrease pain and swelling.
  - 10-15 min each hr.
  - Use a washcloth or other clean fabric between the skin and the ice pack.
  - Do not use ice on skin of a mastectomy.

### Bra

- Wear compression wrap/bra 24 hrs a day until your post op visit.
- May take off for shower and then replace.

### Sore Throat

- Anesthesia can cause a sore throat. Lozenges or throat spray may help.

## DO NOT

- Drive a car, operate machinery or power tools.
- Drink alcohol, take sedating medications or sleeping pills.
- Make legally binding decisions.

## Incision & Wound Care

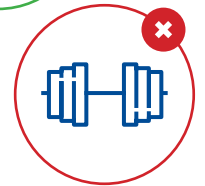
- Remove outer tape and gauze dressing the day after surgery, if present.
- The wound has absorbable stitches under the skin with steri-strips (small tape strips) on top of the skin.
  - Steri-strips (paper tape strips) are okay to fall off on their own.
- You may shower the day after surgery (leave steri strips in place).
  - No scrubbing or soaking of the wound (NO bathtub, hot tub, whirlpool, ocean) for 2 weeks.
  - Soap and water running over will not hurt the incision.
  - Dry gently.
  - Do NOT use the soap you washed with before surgery (Hibiclens).
  - Use a mild soap without perfume (Dove or Ivory).





- Mild numbness and swelling are normal around the surgery site.
- You may notice mild swelling and/or bruising around the incision. This is normal and will go away in 4-6 weeks.
- The incision can become firm with healing. This is normal and will decrease over several months.
- Do NOT use lotion or oils to massage the scar until you talk to your surgeon. Instructions regarding scar line massage to start after your post operative visit will be made available.
- If you have a drain in place, please refer separate drainage instructions sheet.

## Activity



- Rest. Take short walks to help with healing.
- Avoid lifting anything heavier than a gallon of milk (about 8 pounds).
- Light activities such as walking, stair-climbing and light household tasks can be resumed immediately.
- Plan to limit strenuous activities (activities that increase your heart rate) and exercise for 2 weeks.
- Most people return to desk-type work in 1-2 weeks. This will depend on how you feel and what type of work you do.
- For additional information, please review the handout on postoperative stretches and exercise.

## Diet

- Resume your regular diet as soon as you feel ready to eat.
- Drink plenty of water each day, and eat high-fiber food (vegetables, fruit, bran cereal) to prevent constipation which may occur if taking prescription pain medications.
- If you are nauseated, clear liquids (such as broth, ginger ale, tea or Jell-O) may be easier to tolerate.
- If you develop constipation, use of an over-the-counter stool softener or mild laxative may help. (Colace, Senna, Miralax).

## Follow-up

- Pathology results from your surgery are usually available within 7-10 days.
- You should receive a phone from a member of your care team within 24 hrs of results becoming available. Results will also be reviewed at your follow-up appointment.
- You should have an appointment to be seen in clinic 10-14 days after surgery.
- If your follow-up appointment has not already been scheduled, call **(207) 303-3300** to get a date and time.

## Call us if you develop any of the following symptoms:

- Pain is not relieved by medication.
- Fever greater than 101 F or chills.
- Persistent bleeding or drainage from your incision.
- Fresh bleeding that does not stop with pressure for 10 minutes.
- Increasing redness around the incision.
- Rapid swelling of the surgery site (minor soft swelling is NORMAL).
- Allergic or adverse drug reactions.

**Anytime including weekends:** Main office line can be called at **(207) 303-3300**

**In an emergency:** Call **911**

## Medications/Pain Management Schedule

If you have pain, take these recommended medications with food or fluids on a regular schedule at home:

**Day of surgery start:**

**1. Tylenol 325 mg 1-3 tabs every 6 hours (500 mg 1-2 tabs every 6 hr)**

Do NOT take more than 4,000 mg of Tylenol in a 24 hour period

EXAMPLE OF A PARTIAL DAY:

NOON	6 PM	MIDNIGHT
TYLENOL	TYLENOL	TYLENOL

**Day after surgery, consider adding:**

**2. Ibuprofen 200 mg 1-3 tabs every 6 hours (with food)**

When using both Tylenol and Ibuprofen, you may want to alternate between them every 3 hours.

FOR EXAMPLE:

6 AM	9 AM	NOON	3 PM
TYLENOL	IBUPROFEN	TYLENOL	IBUPROFEN

If your pain is still not well controlled (> 5 out of 10)

**3. Add prescription pain medication (oxycodone or other prescribed medicine).**

FOR EXAMPLE:

6 AM	9 AM	NOON	3 PM
TYLENOL & OXYCODONE	IBUPROFEN & OXYCODONE	TYLENOL & OXYCODONE	IBUPROFEN & OXYCODONE