

Postoperative Instructions: Partial Mastectomy

- 1) Start with light liquids to make sure your stomach is settled following the anesthetic. If you feel well, you may advance your diet to a regular diet, as tolerated today. At any time you experience any nausea or vomiting; simply stop and take ice chips and light liquids until the nausea and vomiting resolves.
- 2) You may be as active as you feel comfortable. Do not lift over 1-2 pounds with the affected arm. You may put your arm through a full range of motions that is comfortable. You may drive a car as soon as you are pain free and not taking pain medications.
- 3) You may remove the bandage on _____.
When you remove the bandage you will see some small white tapes applied directly to the skin over the incision. There may be dried blood on these tapes. Please leave these tapes in place and do not remove them, as they will protect the wound. There are stitches under the skin that will dissolve. If the tapes come loose, do not worry as the stitches will hold the wound together. The tapes do offer protection of the wound and better cosmetic healing if left in place.
- 4) On the day that you remove your bandage, you may take a shower or bath.
- 5) You will experience considerable bruising and swelling in the area, please do not be alarmed by this, as it will all resolve with time. You will also notice some numbness down the back of your arm, which is very normal. This can take several weeks to months to return to normal. This is rarely permanent.
- 6) Take your medications as prescribed for pain and nausea.
- 7) Should you have any bleeding from the wounds, drainage, or fever greater than 101 F, please contact the Outpatient Nursing Department or me.
- 8) Call my office for an appointment as soon as possible. We would like to see you for a return visit in approximately 7 to 10 days, but do call for an appointment as early as possible.
- 9) It may be necessary for you to contact me following your surgery to ask questions regarding your surgery or care, or to have medications refilled. Although we will be available to take your calls in the evening hours; as a courtesy to us and to assure you better service since resources are limited after hours, please call as early in the day as possible. If you think you are having a problem with your incision or need medical care, it is better to call earlier in the day; not only to allow us to see you if necessary, but to make sure that your pharmacy is open. If your medications are running low, please call us for refills before they run out so that you do not have to go for an extended period of time without them.