



USF Breast Health

Post Mastectomy/ Lumpectomy Patient Instructions:

INCISION CARE:

- Do not remove the dressing, steri-strips or stitches. We will remove the dressing during your post-operative visit (7-10 days after surgery). We will also remove the sutures during post-operative if they are not absorbable.
- May shower with tegaderm or derma bond dressings, unless instructed otherwise by your physician.
- DO NOT submerge in a bath, hot tub or swim in a pool or beach for 2 weeks after surgery until you have seen your physician for your first post-operative evaluation and you are given the ok.
- It is normal to have some bruising or mild swelling around the incision.
- You may or may not go home with drains. If drains are placed you will receive a separate drain care instructions sheet.
- A home health nurse may be assigned to check your progress at home.

CALL YOUR PHYSICIAN IF:

- You have chills or fever greater than 101F
- You have a lot of swelling, bleeding (red blood from the incision or around, severe bruising) or pain.
- You have a lot of drainage from the incision and/ or redness (more than ½ inch beyond the incision).
- If you have any questions or concerns during normal business hours (Monday- Friday 8:30am-5:00pm) call 813-793-4272. If its afterhours or weekends please call the answering service at 813-974-2201 the physician on call will be paged.





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ACTIVITY:

- Take a couple of very deep breaths and then cough. This helps open the little air sacs in your lungs and prevent a fever after surgery. Do this, deep breaths and a cough 3 times every hour or 2 while awake.
- Avoid strenuous activity, heavy lifting (more than 5 pounds) and vigorous exercise until your post-operative visit. Discuss your activity with your physician and he or she will help determine if you are released to return to such activities.
- DO NOT drive a vehicle until one week after surgery and/ or until you are no longer using pain medication. Also, if you feel that pain may prevent you from reacting quickly while driving, avoid driving until resolves.
- Use your arm(s) normally for daily activities, as you feel comfortable. All movements should be slow in order to avoid tearing or injury, but restoring the full range of motion of the shoulder and elbow is important.
- Walking is an excellent, restorative activity that can be started right away.

FOLLOW-UP CARE:

- Once discharged please call our office (813-793-4272 ext 201) to schedule your post-operative appointment 7-10 days after surgery.
- The pathology results from your surgery should be available 7-10 business days after surgery. These will be reviewed during your post-operative appointment. Please do not call office for pathology results.
- Your physician will go over your treatment plan during your post-operative appointment after your final pathology has been reviewed.
- Your sutures and dressing will be removed during your post-operative appointment.

