

ROUTINE POST OP INSTRUCTIONS FOR BREAST SURGERY PATIENTS

1. You may resume your normal diet
2. Do not drive until cleared after your first post op visit
3. No heavy lifting for 2 weeks on the side of surgery. If you have had an axillary dissection do not allow BP cuffs or needle sticks on the arm on the side of operation.
4. You may experience pain for the first week following surgery. If you have been given a prescription for a pain reliever, do not drive or operate hazardous equipment or machines. You should not consume alcohol while taking these medications.

In order to avoid the constipation associated with narcotic pain relievers, you should also take:

- Colace 100 mg twice a day with glass of water

- Miralax mix 1 capfull with a glass of water once a day

5. Your incision should be kept clean and dry. If there is a gauze dressing this can be removed in 48 hours. If you have a clear plastic dressing, leave this in place until your doctors appointment.
6. If you have a drain in place: keep the dressing in place and clean. If it should come off it needs to be replaced with a sterile gauze and tape. If you don not have these this can be done in the office, call before coming in. You need to record the amount of drainage and bring the record with you for your appointment. You need to insure that suction is being applied to the drain by squeezing the bulb and replacing the small cap. This should have been demonstrated to you by the nursing staff. If this was not done, please notify the office for further instructions. *See drain care instructions.*
7. Call to confirm an appointment in the office for about one week from the date of surgery.
8. Notify the office if you notice any of the following:
 - Increased pain at the site of the incision
 - Redness at the incision site
 - Drainage from the incision
 - Fever or loss of appetite