

Discharge Instructions for Partial Mastectomy (Lumpectomy) with Lymph Node Surgery

Home Care

- ❖ Wear a comfortable bra (or surgical bra/binder) for support for 48 hours.
- ❖ Use an ice pack intermittently for relief of moderate discomfort and swelling on both incisions.
- ❖ You may remove the gauze bandages the day after surgery. You will find strips of tape, called steri strips, covering your incision.
- ❖ Leave the steri strips in place until they start to fall off (usually in 7 -10 days).
- ❖ You may shower the day after surgery, get the steri strips wet and use soap. Just rinse and gently pat dry when you are done.
- ❖ Avoid using deodorant or antiperspirant near the incision, as it may cause irritation.
- ❖ Mild to moderate discomfort can usually be managed with acetaminophen (Tylenol) 650-1000 mg or ibuprofen (Advil, Nuprin, Motrin) 400-600mg. Follow the directions on the label.
- ❖ You will also be given a prescription for pain medication. Take it as prescribed for moderate to severe discomfort.

Activity

- ❖ You may resume most normal activities as soon as you feel up to it.
- ❖ You can expect to feel some pulling under your arm if you stretch.
- ❖ You will want to avoid jogging and jumping for at least a week, as the bouncing of your breasts will be very uncomfortable.
- ❖ You may drive the day after surgery, so long as you are not taking pain medication.
- ❖ **Do not drive while taking prescription pain medication.**

Follow-Up

- ❖ Dr. Kennedy will call you with the final pathology results as soon as they are available.
- ❖ Post operative visits are usually scheduled for 2-3 weeks after surgery.

When to Call the Office

Call (518) 580-2170 if you experience any of the following:

- Fever greater than 101 F
- Increasing redness around the incision
- Foul smelling drainage from the incision
- Increasing pain after the first day