

## Discharge Instructions: Mastectomy with Reconstructive Surgery

### Home Care

- You will have at least two drains, and will be getting separate instructions for drain care. When the drainage from a drain is less than 25 cc (ml) in 24 hours x 2 days in a row, that drain may be removed. Call the office at 580-2170 to arrange for drain removal.
- You may shower after 3 days (can sponge bathe until then) with a waterproof band aid lightly applied over the drain exit site. Do not scrub incision. Pat gently to dry. Remove waterproof band aids and reapply gauze dressing over the incisions after showering.
- Support the drains so that they do not hang or pull on your skin. You can use a safety pin to your clothing, a lanyard, or a pocket to support the drain.
- Sleep on your back until otherwise instructed.
- Avoid using deodorant or antiperspirant near the incision or drain site, as it may cause irritation.
- Mild to moderate discomfort can usually be managed with acetaminophen (Tylenol) 650-1000 mg. Follow the label directions.
- You will also be given a prescription for pain medication. Take it as prescribed for moderate to severe discomfort. It is important that you move and breathe comfortably—take what you need.
- **Do NOT use ice or a heating pad on your chest wall.**

### Activity

- Do not lift anything heavier than 5 lbs (ex. a phone book, milk carton, coffee pot). No pushing or pulling with arms and chest. Avoid exercise until your physician provides you with the clearance to do so.
- Do not raise your arms above 90 degrees.
- You may drive as soon as you are comfortable enough to move safely without taking pain medication. Most people do not feel comfortable enough to drive until after their drains are removed.
- **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.
- Call Dr. Koumanis at 580-2170 to arrange for drain removal when the drainage is less than 25cc (ml) in 24 hours x 2 days in a row. This is usually 5-7 days after surgery.

### When to Call the Office

Call 580-2170 right away if you experience any of the following:

- Fever > 101 F
- Increasing redness around the incision
- Blistering along the incision
- Foul smelling drainage from the incision or drain
- Increasing pain after the first day
- Increasing swelling under the incision after the first day