

Fresno Breast Surgery - M. Margaret Hadcock, MD, FACS - Phone 559-320-4300

DISCHARGE INSTRUCTIONS FOR OUTPATIENT BREAST EXCISIONS

I want your post-operative recovery to be as pleasant and uneventful as possible. Please read through the following home care instructions and call anytime if you have any additional questions or concerns.

Have a great recovery!

For your safety, it is important that you do not drive or operate machinery, drink alcohol, make important decisions or business transactions, or take public transportation alone for twenty-four hours after surgery. It is normal to feel dizzy and sleepy after surgery.

DIET

After surgery you may resume your normal diet unless specifically instructed otherwise. Liquids and light foods may taste better initially and minimize nausea. Minimally processed and nutritious choices are recommended.

MEDICATIONS

Follow the separate instruction sheet

ACTIVITIES

- Avoid direct trauma to the surgical site.
- Resume light activities around the house.
- You may return to work in 2-5 days as suggested by the degree of your surgery and discussion with Dr. Hadcock
- Avoid bouncing activities for a month.

BATHING AND DRESSING CARE

- Wear a snug, supportive bra, sports bra, or camisole day and night for at least 1 week after surgery.
- Keep the dressing (outer white one) in place for 48 hours after surgery, then remove it.
- If you have Steri-strips beneath the outer dressing, leave them in place for about 14 days, or until they curl and loosen on their own.
- You may shower or tub bathe 2 days after surgery with the Steri-strips in place.

CALL IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Formation of a hard, painful, expanding lump under the incision soon after surgery, or marked difference in size of the operated breast compared to the other side.
- Severe pain unrelieved by the pain medication
- Development of bright, deep redness around the incision for greater than one inch, or cloudy drainage from the incision.
- A fever over 101 degrees F.
- Any symptom of which you are unsure and you are concerned about

I have received and understand the above instructions.

Signature

Date

Relationship