

Mastectomy Post-Op Instructions

Medication

- If not allergic, please take 600mg ibuprofen and 1000mg acetaminophen together as tolerated with food every 6 hours. as needed for pain.
- If narcotic pain medication (oxycodone) is prescribed to you: Narcotics can cause addiction and should only be used as needed if there is moderate to severe pain after the acetaminophen and ibuprofen are taken. You should minimize their use.
- Take pain medications as prescribed by your doctor. Take your pain medication with a small amount of food.
- Pain medications may constipate you. If you are feeling constipated, please take MiraLAX that you can get at any drugstore as directed on the bottle. Make sure to drink it with at least 8 oz of liquid. If one dose per day is not working, you may increase to 2 or 3 doses per day.

Dressing

- Your incision(s) are closed with dissolvable sutures (stitches). A mesh-like skin glue will cover your incision(s). Your doctor will advise you on when to remove this dressing at your follow up appointment. Do not rub, scratch, or pick at the skin glue.
- No oils/lotions/creams over your incision(s) until the glue starts to flake off. At that point 1% hydrocortisone cream may be applied to relieve itching.
- You may shower or bathe 24 hours after your surgery. Clean with soap and water then gently pat dry.
- You may develop some redness immediately adjacent to your incision(s) as they heal which is normal.

Drain Care

- You should expect have at least 1 drain if you've had a mastectomy on one side and at least 2 drains if you've had a mastectomy on both sides. You may have more if you've had any lymph nodes removed. The nurse will show you how to care for your drains before you're discharged from the hospital.
- You may wash the drain site with soap and water.
- Empty your drain at least once per day and/or when the bulb at the end of the drain is no longer compressed. When draining the bulb, measure the fluid that comes out and record on a piece of paper. Please bring this paper with you to your follow up appointments. After draining, squeeze the bulb and put the cap back on. Your drain should always be on suction.
- Please call our office (218-461-6240) if you have any questions or concerns.

Miscellaneous

- No alcohol or driving for 24 hours after surgery or while taking narcotic pain medicine.

- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you for the rest of the day and night.
- You may feel sleepy, rest for the first 24 hours.
- You may have some nausea or vomiting the day of surgery, but this should not persist beyond the day AFTER surgery.
- If you had general anesthesia, you may have a sore throat from the tube that was used to help you breathe.
- It may take a few days before you have a bowel movement. Bowel irregularity is expected with pain medication. Please take MiraLAX for constipation.

Possible Problems

Call Dr Bollins at 218-461-2212 if:

- Unable to drink liquids in the morning because of nausea.
- Unable to urinate eight hours after your surgery.
- Your temperature is greater than 101 degrees F.
- You notice excessive bleeding or unexpected drainage from the wound site.
- You notice extreme redness or warmth around your incision sites.
- You notice wound edges open or separate.
- Your pain is not relieved by pain medication.

If you feel it is an emergency, please go to the nearest emergency room.

Follow-Up

- We will see you in our office 7-10 days after your surgery.
- If not already scheduled, please call 218-461-6240 to schedule a post-op visit.
- *If you're a patient from **Ely** and your post-op visit has not been scheduled, please call 218-365-8793.*
- *If you're a patient from **Cloquet** and your post-op visit has not been scheduled, please call 218-878-8626.*