

**Breast Specialty Care: Susan A. Seedman M.D.**

Breast surgery patient and family education handout

**BEFORE SURGERY**

- Nothing to eat or drink after midnight the day of surgery.
- You must have someone to drive you home following surgery.
- You must have a responsible person to stay with you the first 24 hours after surgery.
- Do not take aspirin, Ibuprofen, Motrin, or Naproxen for one week prior to surgery. Check with anesthesia regarding herbs you are taking.
- Bring a credit card or enough money to pay for your prescriptions and co-payment. Do not bring other valuables or jewelry.

**DAY OF SURGERY**

- Shower the morning of surgery.
- Wear loose comfortable clothing. A blouse or shirt that buttons in front is recommended.

**AFTER YOUR SURGERY**- when you are home you might expect:

- If you had general anesthesia, you may have a scratchy throat from the breathing tube. Sipping cool liquids may help, but it will pass on it's own.
- Cough and deep breathe every 30 minutes while awake to help expand your lungs. Breathe deeply through your nose, hold for a few seconds, and let the air out through your mouth.
- Taking pain medication may relieve pain at the incision site.
- You may feel sick to your stomach. This may be from the pain medication. Taking pain medications with food or full glass of water will minimize this.
- Your arm may be stiff and sore. We encourage you to continue using your arm. The stiffness will go away. If lymph nodes were taken from your armpit, it may feel numb.
- There may be some bruising on breast or chest wall.
- If you have drains, arrangements will be made for home health care to assist you with the care and drainage of these tubes. Drains are usually removed when the drainage is less than 30 cc (1 oz) for two days or at your follow-up appointment.
- You will have a follow up appointment the week after your surgery. This is scheduled when we schedule your surgery.

**Pain management: Do not take ASPIRIN.**

- Take the pain medication as directed, preferably with food, crackers, or a full glass of water.
- Do not drive while taking or under the influence of pain medication.
- Remember pain medications may be constipating, therefore you may want to take a stool softener to prevent constipation.

**Diet:**

- Begin with sips of liquids and then advance as tolerated to solid foods.
- If you experience problems with nausea, try banana, rice, applesauce, and toast (BRAT diet).
- Extra fluids, especially water, and fiber can reduce constipation caused by pain medication.

**Activity:**

- Get plenty of rest.
- Gradually resume normal/routine activities.
- Do not shower for as long as drains are in place. If you have no drains you may remove bandage and may shower 24 hours after surgery.
- Begin arm exercises gradually. No heavy lifting (weight limit 10 lbs.) or vigorous exercise for 2 days after surgery.

**WHEN TO CALL YOUR DOCTOR: 248-1518**

- Temperature above 101° F.
- Chills or flu like symptoms.
- Increased pain, warmth, drainage, swelling, or redness at the incision site. Severe pain not relieved by pain medication.
- Dressing saturated with bright red blood.
- Unable to urinate within 6 hours of going home.
- Nausea or vomiting lasting more than 24 hours after surgery.
- If what you consider to be a life-threatening situation develops, call 911. This includes severe chest pain and shortness of breath.

**YOUR PATHOLOGY REPORT:**

- Will generally be available 5 working days after your procedure.
- The Dr. will discuss results with you on your post op visit one week after your surgery unless other arrangement have been made.