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## FOOTHILL SURGICAL ASSOCIATES

### VARICOSE VEIN CARE

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# Mastectomy Post-operative Instructions

#### **General Instructions**

These instructions are general guidelines. Remember, everyone recovers differently. Listen to your body and rest when you are tired.

#### **Restrictions**

- Do not lift more than 15lbs for 4 weeks on the side of the surgery. You may gradually increase the amount of weight based on your comfort level. Don't do heavy work or exercise until the wound is well-healed (about two weeks).
- Do not drive a car until you're no longer taking narcotic pain medications.
- You may shower the day after surgery. You should not bathe or swim (ie submerge wound) until the wound is well healed (about two weeks).

#### **Exercise**

- Arm exercises (See the exercise handout) can be started within a couple days. Do these 2 or 3 times per day, beginning with light exercise and gradually increase your range of motion and repetitions. This will help your arm regain full mobility.
- A prescription for pain medication will be provided before discharge. Take this as directed to relieve pain. It is important that you be comfortable so that you may continue your stretching exercises.
- If you find the medication prescribed is too strong, try Tylenol (Acetaminophen) or Ibuprofen.

#### **Wound Care**

- The gauze dressing can be removed on the first or second postoperative day and then shower.
- There are small bandages underneath called Steri-Strips. These will fall off in 7-10 days. If they stay on longer, please remove them.
- You may wear a bra. Sport bras are usually the most comfortable.

#### **Pathology Report**

- Please call the office to obtain your report about 5 – 7 days after your procedure.

#### **Follow Up & If You Have Questions or Concerns:**

- Follow up in 4 weeks. Please Call (909) 398-4895 to make an appointment for follow up.
- Office Address: 520 E. Foothill Blvd. Suite C. Pomona, CA. 91767

#### **When To Call Your Doctor:**

- Increased bleeding or drainage from your incision.
- Swelling, redness or opening of your incision.
- Pain that is worsening and not relieved with pain medications.
- Red streaks from your incision.
- Chills or fever over 101°F by mouth. Foul-smelling discharge from the incision.

**Note:** These are general instructions that apply to majority of the patients. There may be variations to your surgery. If this is the case, refer to the specific discharge instructions provided to you.