

FROM THE BREAST CANCER PROGRAM

# After Surgery Instructions

## GENERAL INSTRUCTIONS

**Continue to wear a postsurgical bra or comfortable, supportive bra for 14 days.**



**Resume regular diet; no restrictions.** Drink 64 ounces of water daily, and eat a balanced diet with plenty of fruits and vegetables to promote wound healing.

**Walk daily and resume normal activity.** No heavy lifting greater than 5 pounds or vigorous exercise for 14 days. No swimming in a pool or the ocean for four weeks.



**Take prescribed pain medications as needed.** If you are taking any prescription pain medications, you may not drive or return to work.

## WOUND CARE INSTRUCTIONS

**Please shower tomorrow, and shower daily from then on.** If you have any bandages, remove them prior to showering. It is OK to get your incision(s) wet by letting soap and water run over surgical area. Pat dry after showering.



**Do not let shower spray directly hit the incision.** Do not scrub or soak under water for 14 days.

**Do not remove the surgical glue on your skin.** This will fall off on its own.

## FOLLOW-UP INSTRUCTIONS

Your surgeon will want to see you within two weeks. If there are any questions about scheduling your follow-up visit, please contact the surgery office at

City of Hope to verify your appointment has been arranged.

## WHEN TO CALL YOUR CARE TEAM

Please contact your surgeon or go to the emergency room if you are concerned about anything, or if you have:

- Received any direct trauma to your surgical site within the first four weeks
- Excessive itching
- A temperature greater than 101 F
- Shaking chills
- A new rash
- Excessive, worsening pain
- Persistent bleeding
- Persistent nausea and vomiting
- Constipation
- A new and worsening redness around the incision

## DRAIN CARE INSTRUCTIONS (IF APPLICABLE)

Shower daily with drain bandages removed. Secure the drain to your body temporarily by attaching it to a string or a shoelace around your neck.

After showering, you can place a Neosporin-type product around the drain site and new gauze dressing. Empty the drain three times a day and record output separately each time. Prior to handling the drain, perform normal, gentle washing of your hands. Each time you empty the drain, strip the tubing and make sure the drain bulb is completely collapsed.