

# **Mastectomy**

## **Post-Operative Instructions**

### **Wound Care:**

- You will have one or more incisions, depending on the exact surgery performed.
- All of your stitches will be buried under the skin, except for the stitches around the drains.
- You may have some bruising after surgery and this is normal. The bruising may even track down your back and flank.
- There may be a small amount of drainage from your wounds and/or around the drain exit site; this is usually normal and nothing to worry about. Place a dry gauze (available at any drug store) over the wound to absorb any drainage. In general, leave the surgical dressings intact until you see your surgeon.
- Drain care will be taught to you prior to your discharge. Make sure you understand how to record the drain output and how to empty the bulb prior to leaving. Most drains will be removed in the first 7-10 days after surgery.
- Keep the surgical site and the surgical dressings dry: sponge bathing the rest of your body is ok.

### **For pain:**

- You may take Tylenol or Advil every 4-6 hours as directed on the bottle.
- Resting the arm on the mastectomy side (or both arms if bilateral mastectomy) helps: limit the range of motion of the arm(s).

### **When to call the doctor 707-938-7690**

- If you have severe, uncontrolled pain at the surgical site.
- If you run at fever of 100.5° F or higher within a few days of the surgery.
- If you have a large amount of drainage that is soaking the bandage more than once a day or filling the JP drain suction bulb more than three times a day.
- If the area around your dressings becomes red/inflamed.