INSTRUCTIONS AFTER OUTPATIENT SURGERY

- Wear a comfortable, supportive brassiere when leaving the hospital and wear it continuously, even to bed, for the next 1-2 days. The support of the bra will help relieve the discomfort. An ice pack will be given to you in the recovery room, which can be used to reduce the discomfort and swelling. You may also use ice cubes in a sealed baggie covered with a washcloth.

- You may or may not have an outer bandage that will be gauze covered by a clear bandage. If you have an outer bandage, leave the dressing(s) in place 24 hours, then remove the outside gauze with the clear bandage. Once you have removed the bandage, you will see steri-strips (white paper strips) on your skin. Leave steristrips on until they lift off by themselves (usually about 7 days).

- You may shower normally once the outer bandages are removed. The water will not affect the steri-strips. They will stay in place. Avoid a bathtub during the first week postop; check with your surgeon prior to restarting.

- You may NOT drive on the day of surgery. Unless instructed otherwise, you may return to normal activities the following day if you feel comfortable doing them. Discuss your return to work directly with your surgeon.

  a. DO NOT drive or operate machinery if taking a prescription pain medication
  b. DO NOT participate in contact sports until after your post-op visit
  c. NO swimming in a public pool or hot tub until after your post-op visit
• You may be given a prescription for a pain medication. Take it as directed. Tylenol (2 tablets every 4 hours) is an alternative, but DO NOT take it in addition to the pain medications since many already include Tylenol. **Ibuprofen (Motrin or Advil) is another alternative pain medication you can begin to use 24 hours after your surgery.** You may find the axillary (underarm) incision more uncomfortable than the breast incision. This is normal.

• Use a stool softener to avoid the constipation caused by most of the pain medications.

• If you have an axillary incision, no deodorant and no shaving for a week.

• Keep the post operative appointment already scheduled for you. Your pathology report should be available by that date.

**PLEASE CALL 203-200-2328 IF:**

- your incision becomes red or more painful
- you develop a fever
- you have bright red blood or drainage from your incision
- you have other questions or concerns