INSTRUCTIONS AFTER OUTPATIENT SURGERY

• Leave the dressing(s) in place 24 hours, then remove the outside gauze with the clear bandage.

• 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.

• Once you have removed the bandage, you will see steri-strips (white paper strips) on your skin. These will lift off the skin by themselves after about 7 days.

• You may shower normally once the bandages are removed. The water will not affect the steri-strips. They will stay in place.

• You may NOT drive on the day of surgery. Unless specifically 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. 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
• bright red bleeding or drainage from your incision
• you have other questions or concerns