

## Mastectomy With or Without Lymph Node Dissection

### Post-Operative Instructions

#### Elizabeth Beste, MD

Your first post-operative visit will be approximately one week after surgery unless other instructions are given. Please call the office after discharge from the hospital to confirm your appointment.

#### Wound Care:

- Remove outer dressing 24 hours after your surgery (if you have one).
- You may then shower. Do not soak in a tub, pool, ocean or river.
- Do not place lotions or ointments on the incisions.
- Leave the steri-strips (thin white strips) in place if you have them. Allow these to fall off on their own.
- Sutures and/or staples will be removed in the office.
- It is not unusual to experience some burning or numbness of the chest wall or inner arm.
- You may also experience discomfort and/or some swelling as you return to your everyday activities.

#### Diet:

- Same as before your surgery

#### Activity:

- Do not exercise with the affected arm until given permission at your post-operative visit.
- You may use your arms normally except for reaching above your head.
- Do only light housework.
- If you have had an axillary dissection, do not allow anyone to take your blood pressure, draw labs, or insert an IV in that arm.
- After you have stopped taking the pain medications, you may resume driving.

#### Call the Office If:

- You develop any unusual signs or symptoms such as increased tenderness, redness, bleeding or drainage from the site.
- If you develop a fever above 101.5F.
- You have nausea and /or vomiting that lasts for more than 24 hours.

**Please call our office if you have any questions or concerns at 830-484-4606**