

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS

BREAST SURGERY

AFTER YOUR SURGERY, THERE ARE SEVERAL THINGS YOU SHOULD KNOW TO TAKE PROPER CARE OF YOUR WOUNDS AND HEAL AS SOON AS POSSIBLE:

- Drain output every eight hours and bring output record to the clinic. See attached sheet to document outputs.
- Keep surgical bra in place for three days. Keep your wound area dry and clean. After three days remove your surgical bra and shower up to ten minutes a day. Do not soak surgical wounds.
- Do not apply ointments/lotions to Dermabond™ or Steri-strips™
- Do not apply heating pad or ice to mastectomy skin.
- Maintain your regular diet with a focus on higher protein intake. Drink at least eight, 8-ounce glasses of water daily.
- No heavy lifting (more than 10 lbs) for six weeks. Avoid large arm movements, repetitive movements, or above-shoulder work. No vigorous/strenuous activity. No driving.
- Keep your head elevated at least 20 degrees (2 to 3 pillows).
- Follow up with Dr. Ferguson's outpatient clinic in _____ days.
Please call for an appointment, 801.507.1650.

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CALL ANYTIME

YOU CAN REACH OUR OFFICE
ANY TIME (including after hours)
801.507.1650.

Call us immediately if you think you have an infection or if you notice any of the following:

- *Increasing redness or hot to the touch*
- *Increasing pain*
- *Increasing swelling*
- *Fever greater than 101°F*
- *Vomiting more than two times*
- *Changes in flap color like bleach white, dark purple, or sudden increase in size, bruising, or ice cold to the touch.*

Notify your local emergency department or dial 911 if you experience:

- *Chest pain*
- *Shortness of breath*
- *Vision changes*
- *Loss of consciousness*
- *Other emergencies*