



*My* BREAST CANCER *Doc*

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## **Lumpectomy, Excisional Breast Biopsy or Partial Mastectomy Post-Operative Instructions**

### ***Restart all your medications unless told otherwise***

You may take Tylenol 325 mg, 1-3 tabs, every 6 hours and or Ibuprofen 200 mg, 1-3 tabs every 6 hours (with food)

If these medications do not control your pain, take the prescribed oxycodone every 6 hours as needed

Oxycodone may cause constipation which may be helped by drinking water or taking an over-the-counter stool softener

Ice packs may help with pain and swelling and can be used every 3-4 hours for ten minutes at a time. Avoid heat or warm compresses.

You may experience a sore throat from the breathing tube used in the operating room- lozenges or throat spray may help

### ***Incision and Dressing care:***

You may use a sports bra for comfort. It can be worn for 1 week and will help with bleeding and swelling. You can wear your bra to bed at night.

You can remove your outer dressing of gauze and tape 48 hours after surgery and leave the steristrips in place until your follow up appointment. You may shower with steristrips in place.

No baths, oceans, lakes, swimming pools, hot tubs for 2 weeks after surgery.

### ***Diet:***

Resume your regular diet as tolerated.

### ***Activity:***

Avoid strenuous activity, heavy lifting, and vigorous exercise for 2 weeks after surgery. You may then slowly resume these activities over the next two weeks.

You may walk the following day after surgery and resume desk-type work within 1-2 days

***Follow-up Care:***

Pathology results will be made available to you at your post-operative visit and are not discussed over the phone.

Your follow-up appointment should be within one week after surgery.

***Please call the office for:***

Pain not relieved by the prescribed pain medications

Fever > 101.5

Persistent bleeding from your incision

Persistent swelling, redness, or pus from the incision

***If you have had lymph node surgery as well:***

Ice packs are very helpful with armpit swelling and tenderness

If you have a drain, follow the additional instructions given for drain care