

NEWTON-WELLESLEY SURGEONS, INC.  
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## POSTOPERATIVE BREAST SURGERY INSTRUCTIONS

- Avoid showering for (2) days following your surgery.
- Leave gauze and tape on for (2) days following your surgery, after which you may remove it. The steri-strips beneath the gauze and tape are covering dissolvable sutures and these strips will fall off on their own in 2-3 weeks. The wound does not need to be covered unless it leaks blood.
- Expect some bruising and swelling.
- You may wear a bra or use an ice-pack for your own comfort, but neither is necessary.
- If you had surgery in the axilla (under your arm), you may experience discomfort, numbness or tingling in this area. This will resolve with time.
- If you have a drain, empty it 1-2 times a day and record the output. If you leak fluid around the drain, cover it with gauze. If the drain falls out, leave it out and contact our office during office hours. (This is not an emergency.) Do not push the drain back into the skin, which could lead to infection.
- There are no physical limitations except for activity that could directly injure the breast.

**Post-operative pain and medication:** I do not give out pain medication over the telephone. If you are in severe pain, please call our office or go to the emergency room. If you're taking narcotics and experiencing nausea, vomiting or constipation, stop taking the narcotic and use acetaminophen (Tylenol) or ibuprofen (Motrin or Advil).