

## Breast Surgery

### Care of the surgical site

- Your sutures are dissolvable. If your incision is covered with a plastic dressing it can be removed in 48 hours. If you have steri-strips over your incision these can be removed in seven days. They may fall off earlier on their own.
- You may have one or two drains in place. Once removed, a small amount of clear, yellow drainage is normal. Cover with a dry gauze if drainage occurs, otherwise no dressing is required.
- You may shower tomorrow with your back to the water. Do not have the water spray directly on the incision. Gently pat the incision dry with a towel.
- Avoid creams, deodorant or powder around the incisions until checked at your postoperative visit.

### Activity

- Use operative arm to do everyday activities.
- Wear a soft supportive bra, even to bed to help reduce swelling.
- Maintain full range of motion of your shoulder on the operated side. We encourage you to start the exercises provided the day after surgery.

### Special instructions:

- If you had a sentinel node biopsy with blue dye, your urine and stool may be green/blue for the first day or so after surgery.
- If you had tissue expanders or implants placed, do not lift your elbows above shoulder level for two weeks.
- If you have a drain after surgery, you will receive specific drain instructions post op.

### Follow up and contact information:

- Keep your follow up appointment with your surgeon. If you do not receive an appointment or need to change it, please call the surgeon's office to make other arrangements.
- If you have concerns about wound drainage, redness or other signs of wound infection (pus, foul smell coming from the wound, fever, chills, hot to touch, redness) call your surgeon's office between 8 am and 4 pm
- **For after-hours** assistance please go to your nearest emergency department