



Capital Surgeons Group, PLLC
Comprehensive, Compassionate General Surgery Care

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POST OPERATION INSTRUCTIONS MASTECTOMY AND / OR AXILLARY DISSECTION

Your Post-Op visit will usually occur approximately one week after surgery unless otherwise instructed by your surgeon.

WOUND CARE:

- Remove outer dressing at 24-48 hours post op (if you have one)
- Once outer dressing is removed you may shower as normal
- Leave the steristrips in place (the skinny white strips). They will fall off on their own
- Staples will be removed at your post-op visit

- It is not unusual to experience numbness or burning of the chest wall or in the upper/inner portion of affected arm.

- You may experience discomfort or slight swelling with increased activity.

DIET:

- Same as what it was pre-op

ACTIVITY:

- No exercises involving affected arm until your doctor gives permission – either after first post-op visit or meeting with Reach for Recovery
- Use your arms normally for daily activities except reaching above your head until you are instructed that it is allowed
- If you have an axillary dissection do not take your blood pressure, insert IVs or take blood draws from the affected arm
- Do light housework only
- No driving until after you've stopped your pain medication

CALL OUR OFFICE IF:

- You develop any unusual signs or symptoms such as tenderness, bleeding, redness or drainage from the wound
- You develop a temperature of 101 degrees Fahrenheit or higher
- You have bouts of nausea and/or vomiting for longer than 18 hours

For **Drain Care** – See separate Instructions.

PLEASE CALL THE OFFICE OR THE DOCTOR IF YOU HAVE ANY QUESTIONS OR CONCERNS