

Post-operative Instructions:

After surgery you may be placed in a post-operative bra. This is for compression and you should use compression to “immobilize” your breasts for 1 weeks (day and night). Most women wear the post-operative bra for only about 2 days and then change it out to a snug jog bra. It is usually comfortable to wear the jog bra during the day for the 2nd and 3rd week as well. One that zips or clasps in the front is perfect unless you can easily step into it. You can add a little compression to the axillary (under arm) area by rolling a clean wash cloth and compressing that area as is tolerated. Have an Ace Wrap on hand as this can sometimes be helpful for added compression.

Ice the incisions 20 minutes on and 20 minutes off until bedtime and again the next day if you feel swollen.

If you notice firm swelling right away after surgery and it is uncomfortable, immediately put more compression over the area, ice the area and call Dr. Stanley. It is common for there to be firm areas days and weeks out from surgery and these usually soften over weeks and months.

Please use ibuprofen (Advil)* and acetaminophen (Tylenol) for pain. I recommend that you take ibuprofen with meals, morning noon and night (600mg each time, 3 pills) and use the acetaminophen between meals (either 625mg or 1000mg). If you feel that you might need a narcotic for a couple of days, please let me know prior to your surgery.

You will have waterproof dressings on your incisions, and these **should be removed 48 hours after surgery**. After that the incision can get wet. It will be covered by steristrips, skin glue or both.

If you have drain(s) please follow the separate drain instructions. Dr. Stanley will inform you if she will be placing drains at the time of surgery. Very rarely is a drain needed unexpectedly.

Keep your arms moving with gentle range of motion exercises from the day of surgery. However, don't do anything vigorous or repetitive for one week or until your drains have been removed.

Included in your surgery packet is a prescription/referral for Physical Therapy. This is highly recommended for any patients who have mastectomy and or any axillary surgery. It is rarely needed for lumpectomy alone. **You should consider Physical therapy about 2 weeks out from surgery after you are healing well and drains are out.**

After approximately 4-6 weeks, you can help to soften your scar tissue by massaging with coconut oil or a product called bioCornium which can be purchased online. Other helpful items for scar remodeling and softening are: Embrace silicone scar sheets or Mepitac soft silicone tape. These are optional and most women heal fine without them.

I strongly encourage you to use our patient portal as this retains documentation of your questions and our answers to them. However, if you do not get a reply, don't hesitate to call and always call if you feel you have an emergency.

We will offer telemedicine appointment for your post op appointment unless you have concern that require an in person appointment.

Mary Stanley MD 802-497-3370

