



Charles J. Aramburo, MD · Kelley S. Dempsey, MD  
Buckminster J. Farrow, MD · John D. Fisher, MD  
Robert M. Hillery, MD · Thomas Wylie Moore, MD  
Guillermo Ponce de Leon, MD · Michael Todd Wood, MD

**Post Operative instructions for Mastectomy (partial or complete) and/or Axillary dissection.**

**Call and schedule your post-op visit to occur approximately 7-10 days after surgery.**

**Wound care:**

- 1) Remove outer dressing (if you have them) at 24-48 hours post-op after surgery.
- 2) Leave the steri-strips in place if you have them. They will fall off on their own.
- 3) Your staples will be removed at your post operative appointment. You may take a shower 24 hours after surgery unless otherwise instructed by your physician. Do not soak in a tub or go swimming until released by your physician.
- 4) You may use an ice bag to reduce swelling at the surgery site for the first 24 hours and then switch to heat if needed. It is normal to feel a knot under your surgical incision for several months after surgery.
- 5) It is not unusual to feel numbness or burning of the chest wall or in the upper arm after surgery.
- 6) You may experience discomfort or swelling with increased activity.

**Diet:**

You may advance your diet as tolerated after surgery.

**Activity:**

For 6 weeks after surgery

- 1) Normal daily activities are encouraged.
- 2) No driving until you are pain free and no longer using your pain medication.
- 3) Limit your shoulder movement on the affected side until your post operative appointment with your physician. You are able to use your hand and lower arm.
- 4) We encourage our Breast Cancer patients to utilize the Reach to Recovery program sponsored by The American Cancer Society. They have a wonderful support program and excellent post operative exercises to keep your arm mobile. *For more information or to locate a Reach to Recovery program in your area, visit "[In My Community](#)" on the ACS Web site at [www.cancer.org](http://www.cancer.org) or call toll-free at 1-800-227-2345.*

**Drains:**

Drains are used after surgery to promote healing, you will be instructed on how to empty and document 24-hour totals on each drain (usually one and occasionally two drains are placed). This Drain Total Log should be brought to your post operative visit for your physician to review and is often the deciding factor regarding time for removal.

**Constipation and bloating:**

- 1) You should have a bowel movement within 3 days of surgery. If you are constipated, increase your water intake and use an over-the-counter stool softener such as mineral oil or a laxative such as Milk of Magnesia as directed on the bottle.

**Smoking:**

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increased rate of post operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

**Call our office if:**

- 1) You develop any unusual signs or symptoms such as tenderness, bleeding, redness or drainage at the surgery site.
- 2) You have a temperature of 100.5 degrees or higher.
- 3) You have shortness of breath upon exertion.

Memorial Hermann Sugar Land Location:	17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479 · 281.342.8932
Methodist Sugar Land Location:	16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479 · 281.491.6200
Memorial Hermann Southwest Location:	7737 Southwest Freeway, Suite 100 · Houston, Texas · 713.772.1200
Memorial Hermann Katy Location:	23920 Katy Freeway, Suite 560A · Katy, Texas · 281.693.3500
Central Business Office:	10101 Southwest Freeway, Suite 105 · Houston, Texas · 713.255.6300