

Southwest
Surgical
Breast Center
of Fort Bend

**Instructions after Breast Surgery
Including Biopsy, Lumpectomy, and Mastectomy**

- Eat lightly the evening after surgery, and then resume a normal diet.
- Wear a comfortable support bra (**no underwire bras**).
- No exercising or vigorous activity for 14 days.
- You may remove any gauze bandage after 48 hours.
- Leave steri-strips in place. No need for a bandage to cover the area. (If there is some drainage, tuck loose gauze or a panty liner in the bra to protect your clothes). Tape will irritate the skin.
- Keep the area **CLEAN and DRY**. **You may shower after 48 hours**. No need to cover the area. Pat dry with a towel after showering.
- Showers only - no tub baths, Jacuzzi, or swimming for 14 days.
- Take medications as directed. Pain killers should be taken with food and often cause constipation. You should consider a stool softener if you experience this problem.
- Call the office to make a follow up appointment to see Dr. Dempsey in one week.
- If a problem develops or if you have any questions please call Dr. Dempsey's nurse at 281-242-9000.