

Breast Surgery: Post-Op Instructions

- **Do not** drive for the first 24 hours after surgery or while taking prescribed pain medication and until you have comfortable range of motion.
- Eat light meals for 24 hours after surgery as you may be nauseous. Drink plenty of fluids to promote healing and prevent constipation

Dressing/Incision:

- If the incision is covered with “glue” (*Dermabond*), this is waterproof and will peel off on its own in a few weeks.
- With *Dermabond*, you may shower 24 hours after surgery.
- If incision is covered by a gauze dressing, you may remove the dressing 3 days after surgery and shower. Steri-strips can be left open to air and should fall off on their own in 1-2 weeks.
- Wear a supportive sports bra that opens in the front daily, including while sleeping for 1 month. (Recommended to buy more than one)
- The sutures will dissolve; they **do not** need to be removed.
- You may use an ice pack for the first 24-36 hours.

Pain Medications:

- You may be given a prescription for pain medication
- Do not drive while taking prescribed pain medication
- If you no longer need the prescribed pain medication, you may take 1-2 500mg extra strength Tylenol (Acetaminophen)

Activity

- **No** lifting, pushing, pulling more than 5lbs for two weeks
- **No** physical exertion with the upper body or arms for two weeks
- **No** swimming, pools, Jacuzzi, fresh, or salt water submersion for 1 month (including baths)

Bruising and some swelling are to be expected, which may take some time to go away. A hard area under the incision, called a “healing ridge” will soften and go away over time.

Call you surgeon:

- Fever over 100.4
- Redness or drainage at incision site
- Pain continues to increase rather than decrease with time

Patient Education



Please Note: If you are having breast reconstruction surgery at the same time, please follow instructions given by your plastic surgeon *first*.

Adapted from: Breast Surgery at MD Anderson: Houston Area Location Patients. The University of Texas MD Anderson Cancer Center © 2020 Revised 01/2021, Patient Education, Reviewed 6/15/2021