JOHN WILLIAMS M.D.

Breast Surgery Care Instructions

▢ Surgery is a stress on your body. Even very active people will be a little slow for a week or so. It is not unusual for patients to need a nap.

▢ Incisions: All of your incisions are closed with stitches that dissolve. There is glue over the incisions. You DO NOT need to use any cream/ointment/or cleanser on them. The glue will fall off in ~2 weeks. You may remove the glue if the edges are starting to separate. You DO NOT need antibiotics. A little redness at the incision right after surgery is normal. Redness that starts to spread and is tender to the touch should prompt a call to the office.

▢ Bathing: You may shower the night of surgery. Just let soap and water run over the incisions. Do not scrub. Pat the area dry. Do not soak underwater for 7 days (swimming, bath tub, hot tub, etc).

▢ Diet: Most patients do not have “a normal appetite” after surgery. This is normal and will get better with time. Unless I specifically tell you, there is no “special diet” to follow.

▢ Activity: Nothing “bouncy” (i.e. running, horse back riding). Use common sense. Light lifting is okay. Let pain be your guide. I recommend you wear a firm fitting “sports bra” for 2-3 days. You may remove it to shower.

▢ Driving: You need to be off your narcotic pain medicine and be able to move around without pain or significant limitation.

▢ Pathology: I will not know anything the day of surgery. This typically takes a week.

▢ Pain Control: I will send pain medicine to your pharmacy on the day of surgery. Narcotics are most effective for the first few days. After that, most patients find Tylenol or Motrin effective.

▢ Seroma: If we remove lymph nodes, some women will feel a small mass under the armpit. This will go away. It is a small fluid pocket where the lymph nodes used to be. Numbness in the upper inner arm can also occur. This will improve with time.

▢ Staining of the skin: If you had MagTrace placed to help identify lymph nodes, the reddish staining can last for weeks to months. It will eventually go away. We may have used blue dye as well. This will disappear within a few days. It may turn your urine a greenish color.

If you have any questions, please call the clinic at 979-977-3490