

Associated Surgical Group, S.C.
7303 N. Knoxville Avenue Peoria, Illinois 61614
Telephone: #(309) 691-4005 or #(888) 691-4005

**POST OP INSTRUCTIONS FOR MASTECTOMY OR LUMPECTOMY WITH
AXILLARY DISSECTION**

1. Please plan for a responsible adult to drive you home and stay with you for the first 24 hours after you are released from the hospital.
2. Pain medication may be prescribed for the first few days. If you are having severe pain unrelieved by pain medication, please notify the office for further instructions. **DO NOT** drive any vehicle while taking prescription pain medication. It is recommended that pain medication be taken with some food or crackers to avoid stomach upset. When the pain begins decreasing, extra strength Tylenol or Ibuprofen (Advil/Motrin) may be substituted for prescription medications
3. Patients should find out from their surgeon before discharge if he wants the dressing changed before their office visit. You may require assistance for dressing changes especially if drains are present. Extreme caution should be exercised so as to not pull out the drain. Instructions regarding care of the drain should be given before discharge. Patients should keep a record of all drainage emptied and bring this with them to their office visit.
4. You should expect to be released after 1-2 days.
5. You may shower when the drain has been removed and when you feel capable. Careful attention should be made to make sure the incision is dry (pat gently after the shower with a towel).
6. Wounds should be inspected daily after initial dressing has been removed. (Note: Swelling and bruising is common after surgery). You may have fluid accumulation under the skin. If this becomes uncomfortable, you should notify the office. Drainage of fluid is generally painless due to numbness of the incisional area and may be accomplished in the office. Please call the office for any of the following: fever of 101 or higher, increased pain, warmth, drainage, swelling or redness at the incision site, chest pain, shortness of breath or excessive bleeding.
7. Mastectomy patients should use arms for activities of daily living gradually increasing range of motion up to point of discomfort.
8. Please call the office to schedule follow up care as instructed when you are discharged after surgery. The office hours are 8:30am until 5:00pm Monday-Thursday and 8:30am until 4:30pm on Friday. The office telephone is #(309) 691-4005 or #(888) 691-4005 If you are having problems after regular office hours the surgeon "on call" may be reached by calling the office, leaving a message and he will return your call.
9. Mastectomy patients may talk to other recovered patients through "Reach to Recovery", a program designed for assistance to new mastectomy patients. The phone number is #688-3488.

General. Thoracic, Colon-Rectal, Vascular and Advanced Laparoscopic Surgery