



Hospital Discharge Instructions Following Partial Mastectomy

Activity

Proceed with your daily activities as tolerated. Walking following the operation is encouraged.

Diet

Eat a healthy and well-balanced diet. A separate instruction sheet will be provided if necessary.

Wound Care

The wound care is different for every type of skin closure that is performed. Please see below for instructions.

- **Surgical glue**
 - Remove the pressure dressing the day after surgery. After the dressing has been removed you may shower. Do not remove the surgical glue. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The surgical glue will flake off after several weeks. The sutures under the skin will dissolve.
- **Steri-strips**
 - Remove the pressure dressing two days after surgery. After the dressing has been removed you may shower. Do not remove the steri-strips. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The Steri-strips will fall off after several weeks. If they have not fallen off in 2 weeks, it is okay to remove them. The sutures under the skin will dissolve.

Medications

We will use a multimodal pain management approach during surgery and after. You are encouraged to alternate 650 mg of Acetaminophen (Tylenol) every 6 hours and 600 mg of Ibuprofen every 6 hours for pain control following the operation. We will also write for a low dose opiate if required.

Follow Up and Results

Follow up in our clinic in 2 weeks for a wound evaluation and to discuss your results. If there are any problems or questions after surgery, please call our office at (731) 422-0304.