



## **Mastectomy**

### **Preoperative Preparation**

**Fasting:** It is important to follow your instructions about fasting before your surgery. Ask the doctor which of your routine medications you should take that day in spite of not eating.

**Pre-op Shower:** Take a thorough shower (preferably with antibacterial soap such as Dial or Hibiclens, but any good soap will do), with emphasis on the area of the planned incision, the night before and the morning of your surgery. Underarm shaving is not necessary.

### **Postoperative Instructions**

You should remove the gauze bandage approximately 48 hours after the procedure. Keep the area dry until your first post-op visit. If there are external sutures, they will need to be removed in 5-7 days. Wounds that have tape on the skin under the gauze have dissolvable sutures that do not require removal.

If you have a drain, the nurses will instruct you on its care before you leave the hospital. The fluid coming out of the drain contains a lot of protein and often clogs the tube. Fluid coming out around the tube and not into the tube is a sure sign the tube is plugged. The fluid is common and will nearly always open up with persistent stripping of the tube. It is not dangerous but can be messy.

You may wear a bra if it is more comfortable. There are good surgical support garments available. You only need to wear one if it is comfortable and does not irritate the area where the drain exits the skin. There are no significant restrictions on your activity. Use your arm as you feel is appropriate. You are not encouraged to exercise the arm until after the drain is removed. Your mastectomy site should not be very painful. The pain should be easily controlled with the mild narcotic prescribed. If the wound becomes red, significantly more painful after 3-4 days or starts draining fluid, call the office.

Call for a follow-up appointment according to your postoperative instructions. Your pathology report should be completed 48-72 hours after the biopsy. Call the office for the results.