

POSTOPERATIVE RECOMMENDATIONS BREAST BIOPSY WITH SENTINEL NODE REMOVAL, AXILLARY NODE DISSECTION & MASTECTOMY.

PLEASE GO STRAIGHT HOME AFTER PROCEDURE.

1. Surgical vest or firm bra should be worn 24 hours a day for the first seven days. This may be removed for showering.
2. Shower can be taken the day after the surgery. The fluff dressing can be removed. Steri Strips should remain.
3. You may climb; however limit activity for the first 24-48 hours:, Especially excess arm motion. Some motion is important. Try not to sleep on that side or in the prone position for the first week postoperatively. If total lymphadenectomy, never sleep on operative side
4. You may apply ice to the area under the vest or bra periodically for the first 2-3 days.
5. You will be given a prescription for pain medication. Take this as needed. This is generally only needed for the first 48-72 hours, if at all.
6. Bruising in the area is not unexpected.
7. Notify the office if you develop marked swelling, severe pain, redness, or swelling of the skin.
8. Use operative side precautions. (No blood pressures, IV's, etc.)
9. Empty JP drains and record amount.
10. Make an appointment to come back into office in one week. Or in 3-4 days if drain is present.

Date:_____ Time:_____ Patient:_____.

Nurse:_____.

Dr. Daniel Gay | General Surgeon



**CAPITAL SURGICAL
ASSOCIATES**