

Discharge Instructions: Wide Local Excision and Re-excisions - Breast

What To Expect

- We used skin glue (Dermabond®) to cover your incision and create a protective barrier.
- A small amount of bruising is normal after surgery.

Wound Care

- You may shower 24-48 hours after surgery.
- When showering, do not try to scrub the incision. Do not soak the incision (baths/swimming/hot tubs) for 2 weeks. Allow soap and water to come in contact with them and pat dry with a clean towel. Keep the incisions clean and dry.
- The Dermabond® will start to come off after about 2 weeks. Do not try to pick off the edges that have loosened.

Restrictions

- It is helpful to walk regularly after surgery.
- You may resume normal activities the day after surgery (as tolerated).
- Avoid bras or clothing that put pressure directly on the incision.
- For 2 weeks after surgery, avoid lifting anything weighing 10 pounds or more and avoid excessive use of the affected arm (such as weight lifting).
- Most home medications can be restarted the day after surgery (24 hours after surgery). We will give you specific instructions about blood thinners, including aspirin, on the medication reconciliation form.
- Do not drive or make important decisions while on opioid pain medications.

Pain Control

- Ibuprofen (Advil®/Motrin®) and acetaminophen (Tylenol®) are over-the-counter pain medicines that work very well for pain control. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.
- You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water.
- You may alternate the ibuprofen and acetaminophen every 3 to 4 hours if needed.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

Call Us If...

- you develop a fever higher than 101° F (38.3°C) or have a fever with chills
- an incision becomes red, inflamed, warm, or tender to the touch
- you notice pus-filled, foul smelling drainage from the surgical site
- you notice that your chest wall is becoming "puffy" or filled with fluid after surgery
- you are unable to eat or drink without vomiting
- you experience a large amount of drainage from surgical site
- you have severe pain that is not relieved with pain medication

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic about 1- 2 weeks after surgery.
- At this appointment, you will receive the final pathology report at this visit and discuss any further recommendations or treatments with your provider.
- Since this appointment is very important, please contact the clinic if you do not have one scheduled or if you need to change the date or time.
- Remember: The stitches used in surgery are dissolvable and do not need to be removed.

If you have any questions or concerns, please contact our clinic at **716-845-3152**. The Breast Center is open 8:00 a.m. and 5:00 p.m. on weekdays, but your call will be answered even if the Breast Center is closed.