

Discharge Instructions: Breast Excision/Lumpectomy – Dr. Poss

What To Expect

- You will have one incision on your breast.
- A small amount of bruising after surgery is normal.

Wound Care

- All of your stitches will be under the skin. A special skin glue called Dermabond® is applied over the incision. This creates a protective barrier over the wound, and no gauze is needed. It normally has a slight purple color.
- You may shower the day after surgery. Do not soak the incision (baths/ swimming/hot tubs) for 2 weeks. Allow soap and water to come in contact with your incision and then gently pat dry with a clean towel.

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.

Recovery and Restrictions

- You may resume your normal daily activities the day after surgery.
- Do not lift anything weighing 10 pounds or more for 2 weeks. No strenuous exercise for 2 weeks.
- Do not drive if you are taking opioid pain medications.

When to Call the Doctor

Call Your Doctor If...

- you develop severe, uncontrolled pain at surgery site
- you have a fever of 100.5 F (38°C) or higher
- you experience a large amount of drainage from the surgery site

- the area around the incision becomes red/inflamed

You may call:

- Park Club Lane office at **716-332-6834**
- Essjay or Orchard Park offices at **716-656-4450**
- Roswell Park at **716-845-2300**, and ask for the breast surgeon on call