

Surgery | Breast Outpatient Post-Procedure Instructions

PROCEDURE PERFORMED ON

FOLLOW UP APPOINTMENT ON

PATHOLOGY RESULTS

- The pathology results from your surgery will take 3 - 5 days to be completed. It may be longer if your surgery was done towards the end of the week. Our office will call you when the results are back, or your surgeon will review the results at your first post-operative visit.

INCISION CARE

- You may have an incision where the procedure was done.
- The gauze dressing can be removed 24 hours after your procedure. If the gauze bandage gets wet or saturated, replace it with a clean, dry bandage.
- There are dissolvable stitches under the skin and white tapes called steri strips on the surface of the skin. Leave steri strips in place, they will fall off on their own over time. There are no sutures at the skin level that need to be removed.
- Some bruising and mild swelling around the incision is expected.
- The procedure area may feel more dense/harder initially or you may feel a lump. This is expected and usually resolves over time.
- Do not apply lotion, ointment, or cream to your incision.
- You can begin wearing a bra once it feels comfortable for you.
- If you have discomfort or pain, you may use Ibuprofen or Tylenol 1 - 2 tablets every four hours as needed.
- You may use an ice pack over the incision. Never put ice or an ice pack directly on your skin, wrap in a towel. Do not use the ice pack for more than 15 minutes at a time.
- Some pain medications may cause constipation. You may use a stool softener or laxative if needed.

ACTIVITY RESTRICTIONS

- You may return to normal activities (including driving) unless otherwise instructed.
- Move your arm on the procedure side so it does not become stiff but do not do any heavy lifting or strenuous exercise for a couple of days.

DIET RESTRICTIONS

- Return to your normal diet.
- Drink at least 6 to 8 glasses of water or other nonalcoholic fluids a day, unless directed otherwise.

SHOWER/BATHING RESTRICTIONS

- You may shower after the dressing is removed. Water can run over the incision but do not submerge the incision in a bathtub or hot tub for one week. Pat the incision dry. A panty liner can be used as a dressing if you have a small amount of a watery red drainage.

WHEN TO CALL YOUR SURGEON

- Fever of 100.4° F (38°C) or higher, or chills
- Fluid leaking from the incision that smells bad
- Pain not relieved by Tylenol or ibuprofen
- Bleeding, warmth, redness, or hard swelling around the incision

ADDITIONAL INSTRUCTIONS

If you have any questions or concerns following your in-office breast procedure, please contact us at:
(517) 267-2460
(888) 451-2909 | toll free

Learn more about Harvey Bumpers, MD, FACS at:
healthcare.msu.edu/