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Health Connections: 464-8668 • 800-464-8668

Information for You from Your Health Care Team

Ambulatory Services: Breast Care Center Post-Procedure Instructions (Check all that apply)

Please call your Doctor or Nurse practitioner if you have:

- Fever greater than 101 degrees F. and redness at the surgical site.
- Bleeding that does not stop when pressure is applied over the surgical area.
- Pain not relieved by pain medication.
- Increased swelling of surgical area with or without pain.
- Problems with your drain.

Wound Care:

- You may remove your dressing after _____ days, morning or afternoon
- If you have a drain your dressing should stay in place and is to be kept dry until you see your provider.
- Once you remove your dressing leave the steri-strips in place.
- If you have removable sutures and or staples they will be removed 7 to 14 days after surgery.

When to Shower Keeping Your Dressing Dry:

- You may shower once your dressing is removed.
- Clean the surgical site with soapy hands (do not scrub the area or use a wash cloth).
- Gently pat the surgical area dry.

Medicines:

- You will be given pain medicine after your surgery. Follow the directions on the bottle.
- As your pain becomes less intense, you can use Tylenol™ or Ibuprofen™ (Motrin™, Advil™, or Nuprin™) 2 tablets every 4 to 6 hours as needed
- When you return home, take the medicines you took before surgery.

Diet and Activity:

- You may resume your previous diet.
- No restrictions.
- You may not drive for hours _____ or days _____.
- You may return to work/school on date _____.
- Other _____

PATIENT SIGNATURE _____ DATE _____
(I understand and have been given a copy of the above instructions)

PROVIDER SIGNATURE _____ TITLE _____ DATE _____