

Post-Operative Instructions for Mastectomy – Partial or Complete and/or Axillary Dissection

Mastectomy is performed to remove breast tissues from the breast. It is a surgical procedure which is meant to remove breast cancer. Mastectomy is of two types – unilateral and bilateral. In case of unilateral, only one breast is removed, whereas bilateral mastectomy is for both the breasts.

Confirm your postoperative visit 10days after surgery.

What are Drains?

Occasionally, drains are used post-surgery to assist faster healing. Drains resemble a piece of rubber in the form of a tube used to secure a suture. You must bring the drain total log for review during your post-op visit as it helps the doctor to decide on the removal of drains.

Steps For Caring The Wound After Surgery:

- Remove the bandage, if any, after 24hrs of surgery, leaving the steri-strips as they may fall off on their own.
- The skin glue that is used to seal your surgical incision helps in dissolving the sutures. The glue strengthens your sutures and makes your incision waterproof so that you can take a shower.
- You can take a shower only after 24hrs of surgery. After the bath, dry the surgical incision and cover with gauze, if required.
- You must not soak or drench your body or go swimming until approved by the doctor.
- During the first 24hrs of surgery, you may use an ice bag for swelling and later heat-pad, if needed.
- You may observe a knot under your surgical incision for several months after surgery.
- Staples are removed on your follow-up visit to the hospital.
- You may feel discomfort due to increased activity.
- Take antibiotics as prescribed by the doctor.

Diet After Operation

You must be restrictive on your diet after surgery. It is advisable to slowly increase the content of fat and spices in your daily meal.

Plan Your 6 Weeks Post-Operation

- Walk regularly and the more you can.
- Do not do any strenuous exercises that may create tension in the abdomen.
- Do not hold more than 20 pounds of load.

- Restrict the movement of shoulder on the affected side.
- Avoid driving until you recover from pain.

Handling Constipation and Bloating

- Increasing activity helps in reducing your bloating.
- Drink plenty of water, especially morning to overcome constipation.
- Use a suitable stool softener such as mineral oil or a laxative.
- In case of excess bloating, increase your activity.

Smoking

If the surgical patient has a smoking habit, it can create a multitude of problems in the patient's recovery. The patient should not smoke two months before and two months after the surgery.

Contact Us If:

- You have a temperature of 100.5 degrees or higher.
- You have developed unusual symptoms at the surgery place, which may include bleeding, redness, tenderness, etc.
- You are experiencing shortness of breath.
- If you are unable to urinate even after 8hrs of surgery.