



**60 Doctors' Park
Cape Girardeau, MO 63703
Phone: 573.334.3074
Fax: 573.335.8725**

Postoperative Breast Surgery

Incisions & Aftercare

- You will have dermabond (skin glue) over the incisions. Dermabond typically stays on for 7-10 days. It does not require a dressing to be placed over the top of the incisions, they may be left open to air.
- Do not use Betadine, Hibiclens, alcohol, or hydrogen peroxide on the incisions unless you are instructed to do so. Do not apply neosporin or any other topical ointments or salves unless instructed to do so.
- Incisions should not get wet the day of surgery. The day after surgery, you may shower regularly. Let warm soapy water run over incisions, and pat dry with a towel.
- Please do not soak incisions in water (tub bathing, hot tub, swimming, etc.) for two weeks after surgery.
- **If you are having a mastectomy, you will have 1-2 drains per operative side. These will be removed once the output is less than 30 milliliters (2 tablespoons) over a 24 hour time period. Please call the office once the output is below 30 ml over 24 hours . Please keep a daily total of each drain and bring it to your post-operative appointment. The hospital will provide you with further information on how to manage your darain(s).**
- Incisions are normally very uncomfortable for a while. Observe your incisions daily and report any signs of infections. Signs of infection are: redness, increasing pain, temperature above 101 degrees and unusual drainage or swelling. A small amount of clear, pale yellow or pink/red color drainage from incisions is normal. Please call should this drainage become foul smelling, thick, or opaque

Restrictions

- You may drive once you are no longer taking pain medication and feel as though you can react quickly enough to prevent harm to yourself or others. We ask that you **do not** drive while taking any pain medication prescribed postoperatively
 - Resume activity as tolerated. Walk around often (at least every 1-2 hours) and also make yourself cough and deeply breathe frequently. A good rule of thumb is to take 10 deep breaths and cough every time a commercial comes on TV. You may go up and down stairs.
 - **Lifting Restriction: No lifting anything greater than 20 pounds for 2 weeks after surgery.**
- **Any FMLA paperwork can be brought to the front desk at our office for completion or fax to 573-334-5554 attention to Kathy. For a work release, please call 573-334-3074 and leave a fax number along with the date that you are planning to return to work. *Please note: work releases will make note of your lifting restrictions.***

Medications

- You will receive a prescription for pain medication before discharge. Please follow instructions on the label
- If you are able to, you may also take 600-800mg of ibuprofen three times daily in addition to the prescription pain medication. It is best to take ibuprofen with food. DO NOT take ibuprofen with other NSAIDS.
- Resume your home medications unless instructed otherwise. Questions about regular home medications should be directed to the prescribing physician..
- If you experience constipation: take a mild laxative or OTC stool softener such as Miralax, along with increasing daily fluid intake and increasing activity

Follow Up

- A 2-3 week follow up appointment will be made for you before you leave the facility, please try to keep this appointment



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The hospital or surgery center will call you to schedule pre-surgery testing. If you have not heard from them 24 hours prior to your surgery, please call the number listed.

ST. FRANCIS MEDICAL CENTER : 573-331-5111.

Report to the registration Center, which is located near the Emergency Room at ENTRANCE #4

MERCY - SOUTHEAST :573-334-4822

Report to Patient registration , just inside the main lobby entrance

DOCTORS' PARK SURGERY: 573-334-9606

Report to #30 Doctors Park

PLEASE TAKE ALL CURRENT MEDICATIONS AND INSURANCE CARDS WITH YOU.

There are no instructions for pre-surgery testing. The hospital or surgery center will notify you of your arrival time for surgery .

DIET INSTRUCTIONS.: Nothing to eat or drink after midnight .

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT 573-334-3074

The following medications need to be stopped prior to surgery or procedures

PLEASE LET YOUR SURGEON KNOW IF YOU ARE TAKING ANY WEIGHT LOSS PILLS OR INJECTION

Stop the following medications 7 days prior to surgery:

Nsaids :motrin, aleve, ibuprofen, diclofenac, Exerdrin	Meloxicam	Celebrex	Aspirin
BC Powder	Bufferin	Ecotrin	Effient
Plavix	Warfarin / Coumadin	Fish Oil	Florinal, Fioricet
Phentermine, adipex	Glucosamine	Soma CPD	Ginseng
Ginger	Garlic Pills	Trental	Plaquenil
Doan's Pills	Ginkgo	Persantine	Vitamin E

Stop taking the following 5 days prior to surgery:

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Stop taking the following medications 3 days prior to surgery:

Eliquis	Xarelto	Pradaxa	Edoxaban
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Stop taking the following 2 days prior to surgery:

Arthrotec	Pletal		
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Stop the following 24 hours prior to surgery :

Lovenox			
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Stop the following medications 14 days prior to surgery

Aggrenox	Feldene	Methotrexate	
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PLEASE TELL YOUR SURGEON IF YOU HAVE CARDIAC STENTS, PACEMAKER, DEFIBRILLATOR, OR HAVE HAD A HEART VALVE REPLACEMENT