

# Instructions postopératoires

## Lumpectomy

Please follow your surgeon's instructions if they differ from the following statements.

### Your return home

#### Dressing:

- Remove your dressing four days following the surgery.
- Remove the little white dressings (Steri-Strips™) the eighth day following the surgery.
- You may shower. Your dressing is waterproof.
- No baths or pools are permitted for seven days.
- If you have a drain, please keep a waterproof dressing on until you have the drain removed.



#### Diet:

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

#### Physical activities

- It is important to move your arm and shoulder on the first day after your surgery (an exercise sheet will be given to you if you have had lymph nodes removed).
- Do not drive for one week after your surgery or longer if you are taking pain medication.
- Do not play sports for four to six weeks.
- Avoid lifting objects heavier than ten pounds for two to four weeks after your surgery.

#### Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™, if you feel constipated. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-ad-ay or Clearlax until you start having regular bowel movements.
- If you have had a sentinel node biopsy, your urine will be green or blue for approximately 24 to 36 hours and your skin will have a slightly greyish tint for approximately 12 hours.

#### Call your doctor or visit your nearest Emergency Department if you have:

- redness, swelling;
- hardening or discharge (other than blood) from the incision;
- fever and chills;
- increase in pain;
- pain and heat in your calf; and/or
- sudden shortness of breath.

**Note: It is common for individuals who menstruate to experience an irregular menstrual cycle in the weeks following general anaesthesia.**

**To book your appointment, call you Surgeon's office.**

The office information was given with your discharge instructions.

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