



Modified Radical Mastectomy

Post-op Instructions

1. Modified Radical Mastectomy

- Black and blue bruising around the incision on your chest is normal.
- If you experience severe swelling and tenderness around the incision or under the arm pit, call the office immediately.
- You will follow-up with the office for drain removal within one week of your operation.
- Call the office immediately if you have frank bloody draining into the drains or if you have large amount of swelling underneath the chest wall incision.
- A little drainage around the drains is normal.

1. Dressing Care

- **Dermabond® Dressing Care (superglue without a dressing):**
 - OK to shower day of surgery.
 - Lift nothing heavier than a gallon milk jug or 5 lbs for 1 week.

OR

- **General Wound Care Instructions for Closed Incisions with dressings:**
 - Dressing should be kept dry for 48 hours.
 - Remove outer dressing and OK to shower in 48 hours.
 - If you have staples, they will be removed in 1-2 weeks after the operation in the office.
 - Leave Steri-Strips in place.
 - No soaking in the tub or swimming for 1 week.

Call The Crawford Clinic right away if:

- You develop a fever over 101.5°F (38.5°C).
- You have redness, swelling, pain, or drainage from the incisions.
- You become dizzy and faint.
- You have chest pain.
- You have nausea and vomiting.
- You become short of breath.
- You have abdominal pain or swelling that gets worse.

Call during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.
- If you require more pain medication.