

# Discharge Orders and Instructions

## Breast Surgery

This is a guide to your post-hospital care. You may have received additional information from your physician. Some items may not apply based on your doctor's instructions. If you need immediate attention and cannot reach your physician, come to Beaumont Emergency Department or any hospital near your home.

### Physical Activity

- Restrict your activities and rest today with hourly ambulation.
- Sleep with head elevated and a pillow under the knees.
- Tomorrow: Limit physical activity, especially straining and twisting. Avoid stairs. Limit walking. No driving, bending over or lifting.

### Diet

- Resume usual diet. Increase fluid intake.

### Medications

- See medication discharge instructions.
- Take all antibiotics as prescribed.
- When taking pain medication, you may experience dizziness or drowsiness. Take pain medication only as directed and as needed. Do not drink alcohol or drive when you are taking these medications.
- You may take non-prescription "headache" remedy type medication that you normally use, one that does NOT contain aspirin or Motrin.

### General Instructions

- Keep mammary support low.
- Keep dressing clean and dry.
- Leave steri strips on.
- Sponge bathes only. No showers.
- May resume showering per your doctor's instructions.
- If there are drains, follow the nurse's instructions for emptying and recording volumes.
- Apply ice on/off for 20 minutes per your doctor's instructions.

**Things to remember:** Because your reflexes may be diminished after receiving anesthetic drugs, for the next 24 hours:

- You may not operate a vehicle.
- You may not engage in an occupation involving machinery.
- You may not drink alcoholic beverages.
- Avoid making any critical decisions.

**Call your surgeon should the following occur:**

- Fever over 101°F by mouth.
- Swelling around operative area.
- Blood soaked dressing (small amounts of pink may be normal).
- Pain not relieved by medication ordered.
- Increasing redness, warmth around operative area.
- Increasing and progressive drainage from surgical area.