

Surgical Associates of Fredericksburg
(540) 373-2244

DISCHARGE INSTRUCTIONS

SENTINEL NODE BIOPSY WITH LUMPECTOMY

Medications:

1. Resume all medications that you were taking prior to surgery.
2. Percocet will be prescribed for pain. You may take one tablet every 4 hours if necessary for pain.
3. You may take Motrin or Advil 600mg three times a day, alternating with Percocet.
4. Percocet will cause constipation. To prevent constipation, you should take a stool softener such as Citrucel, Benefiber, Colace, Metamucil or Surfak daily while you are taking Percocet. These are available over the counter. You may take any laxative you choose or use a Fleet's enema if the stool softeners do not help.

Wound Care:

- Your incision is covered with tapes called steri-strips and a bandage. The bandage may be removed after 48 hours and then you may shower. The steri-strips serve as both a dressing and a replacement for skin stitches. They should remain in place until you return to my office. The tapes will stick well even if they get damp. Do not worry if the tapes curl a little around the edges. Notify surgeon if you develop redness, drainage, or sign of infections such as fever and chills. Bring a record of this when you return to my office for follow-up. A soft supportive sports bra is recommended, which should be worn day and night for 2 - 3 days.
- Ice pack to Incisional area - on 15 minutes, off 15 minutes, as needed.

Diet: Resume your usual diet.

Activity:

You may resume full use of your arm. You may not drive until you have good usage of your arm and until you are no longer taking Percocet.

Follow-up Appointment:

Please call our office (540) 373-2244 and make an appointment for about one week from your date of surgery, if one has not already been made for you prior to discharge from the surgery center/hospital. If you have problems before your appointment time, you can reach me or one of my associates at any time by calling the office number.