

**Surgical Associates of Fredericksburg**  
**(540) 373-2244**

**DISCHARGE INSTRUCTIONS**  
**MASTECTOMY**

**Medication:**

1. Resume all regular 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 necessary, 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; keep dry gauze around drain site. Steri-strips should remain in place until you return to my office. You may not shower while drains are in; you may bathe, but keep drains dry. Steri-strips will stick well even if they get damp. Do not worry if they curl a little around the edges. Notify me if you develop redness, drainage, or signs of infection such as fever or chills. You should empty each drain reservoir and record the amount from each drain daily. Bring a record of this when you return to my office for follow-up. You may wear your bra and temporary prosthesis for brief periods if it is comfortable.

**Diet:** Resume your usual diet

**Activity:**

You should resume full use of your arm on a daily basis. You may not drive until you have good use 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.