Wound Care After Mastectomy Surgery

Home Care Instructions

Take all medications as directed.

Dressing may be replaced with fresh dry gauze. Wrap ace bandage around chest to hold in place.

JP drain care as shown. Empty, record amount of drainage and recharge drain at least twice a day and as needed. Cover drain exit site with dry gauze.

It will be normal to be sore for a couple weeks following surgery. See your surgeon if this seems to be getting worse rather than better.

Take prescribed medication as directed. You may use ibuprofen (Advil or Motrin) and acetaminophen (Tylenol) for discomfort.

Use sponge bath only until drain removed.

You may resume normal diet and activities as directed or allowed.

Avoid heavy lifting until you are instructed otherwise. Stretch the arm around the shoulder to prevent stiffness.

Make an appointment to see your doctor for wound check in one week.

Seek Medical Attention If:

- There is redness, swelling, or increasing pain in the wound not controlled with medication.
- There is drainage, blood or pus coming from the wound lasting longer than one day or sooner if there is concern.
- An unexplained oral temperature above 101.0 develops.
- You develop signs of generalized infection including muscle aches, chills, fever, or a general ill feeling.
- You notice a foul smell coming from the wound or dressing.
- There is a breaking open of a wound (edges not staying together) after the sutures, staples, or steri-strips have been removed.
- You develop dizzy episodes or fainting while standing.
- You develop persistent nausea or vomiting.

Seek Immediate Medical Attention If:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medications given.