SURGICAL SERVICES

**Post-Operative Instructions**

**Lumpectomy Surgery**

**PAIN:**

You will experience some pain after your surgery. Your surgeon has prescribed some medication for pain relief; take as instructed.

**OPERATIVE SITE:**

Your sutures, which are located under the skin, are dissolvable and do not require removal. Leave your waterproof dressing on for 5 days or as directed by your surgeon. If your surgeon/nurse has given you other instructions related to your dressing please follow those. Steri- strips™ will remain on until after your waterproof dressing is removed. The steri-strips™ may fall off in the shower or on their own. If not Steri-strips™ should be removed after 10-14 days. If your dressing becomes soiled or wet change and replace it with a clean, dry dressing. No tub baths or swimming until you see your surgeon.

**ACTIVITY:**

Resume regular daily activities as tolerable. No heavy exercises until you see your surgeon at your follow-up appointment. Return to work as advised by your surgeon.

**DIET:**

Light diet first day and then progress as tolerated to usual diet. You should increase your fluid and fibre in order to prevent constipation. Increase the fibre in your diet and drink plenty of fluids to help prevent constipation. Good sources of fibre are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

You may also purchase a mild laxative if needed, speak with your community pharmacist.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**FOLLOW-UP:**

Your surgeon will advise you after your surgery when he/she wants to see you for your follow up appointment. A registered nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

**Call your surgeon immediately or go to the Emergency Department if you have any of the following:**

* persistent bleeding after the first 24 hours
* severe pain
* elevated temperature (38ºC or 100.4ºF) and/ or chills lasting more than 24 hours
* incision red, hot or swollen
* drainage green, yellow or foul smelling

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same."   
Clean hands save lives.