

SHYAMALI M. SINGHAL, M.D., Ph.D., INC.

**515 South Drive, Suite 25
Mountain View, CA 94040
650-641-7861**

Post Operative Instructions
Excisional Breast Lumpectomy

Activity Level:

If you are feeling okay and not taking pain medications, you may drive the day following your surgery. You may return to work and regular activities when you feel ready. There are no activity restrictions other than those activities that cause discomfort.

Wound Care:

Apply ice packs to the site the first several hours after surgery. Wear a good support full cup bra after surgery until incision and breast soreness disappear. You may even want to wear a bra at night to help alleviate any discomfort. If the bra causes discomfort, then you may choose not to wear one. The dressing may be removed the day following surgery. You may reapply a dressing for comfort purposes. If dressing or tape causes irritation, please remove and reapply new dry dressing held in place by bra with no tape needed. You may shower the day following your surgery. You need to avoid tub baths, hot tubs, and swimming pools for two weeks.

Medications:

Pain medication should be taken as needed the first couple of days after surgery. Anesthesia will wear off approximately 2-6 hours after surgery.

Symptoms to Report:

Temperature over 101 degrees
Drainage or increasing redness at incision
Persistent pain unrelieved by medication
Active bleeding-some discoloration and swelling in normal

Follow-up Post Op Apt:

We will see you one week after surgery. The final pathology report should be available within 3-5 working days and you will be contacted as soon as they are available. If you do not already have a post-op appointment please call our office at 650-641-7861 to schedule one.