

# Patrick Moore, MD, FACS

## Breast Surgery Post-Operative Instructions (With a Drain)

### PAIN MEDICATION

1. You will be given a prescription for pain medication as needed. Drink a lot of water to help prevent constipation. You may take laxatives and/or stool softeners as needed.
2. When the pain decreases, you can change to something like Extra Strength Tylenol for pain relief.
3. If you experience nausea and/or vomiting, maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

### DRIVING

1. Do NOT drive.
2. Do NOT drive while taking the prescription pain medication.

### DRESSINGS

1. You may take a sponge bath to clean around the dressing and drain area.

### DRAIN

1. Record the *Date*, *Time* and *Output* each time the drain is emptied.
2. Call the office when the output amount is *less than 30 ml* over a 24 hour period to have the drain removed.
3. Change the dressing around the drain daily, if instructed to do so.

### ACTIVITY

- Keep activity light. You may walk outside or upstairs. No lifting over 10 lbs.

### DIET

- Start with clear liquids and add in solid food as tolerated.

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**PAGE THE DOCTOR IF YOU EXPERIENCE:**

1. Unusual color and/or discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.
5. Please call us to schedule a follow- up appointment.

Call us to schedule a follow-up appointment within 2 weeks following your discharge.

**Please call Dr. Moore's pager number if you have ANY serious concerns or questions after surgery.**