

Dr. Olivia M. White
MDH General Surgery

BREAST POST OP CARE

- Leave your breast wrap in place for 72 hours after surgery. After 72 hours, you may remove the wrap and leave your incisions open to the air. You do not need to use a bandage after the wrap is removed. You may wear a tight sports bra for compression after your wrap is removed.
- You may shower after your breast wrap is removed. Allow soapy water to run over the incision and pat dry when finished. Do not soak the incisions underwater in a bathtub or pool for at least 2 weeks from the date of surgery.
- If you have a surgical drain, empty the drain and record the output every 8 hours. Keep the drain site clean and dry. Your drain will likely be removed at your 1 week follow up visit. Call the office if you have questions about your drain output or drain care.
- Use pain medication as prescribed. Call the office if you are having uncontrolled pain. Use ice packs as needed for pain/swelling.
- You have no activity restrictions. Expect soreness for the first several days following surgery, especially if you have an incision in your armpit. You should remain out of bed for at least 6 hours during the day, and walk around hourly while awake.
- You have no dietary restrictions. Follow a high protein diet to facilitate wound healing. Add a protein supplement to your regular daily meals (Boost, Ensure, etc.)
- You will have a follow up visit 1-4 weeks following surgery.
- You should start feeling like yourself within 4 to 6 weeks after surgery, although your body will continue healing for up to 1 year following surgery. If you have any concerns, call the office. Remember, if you are worried, we are worried.
- If you have concerns after hours, you may reach the on-call surgeon by calling McDonough District Hospital at (309) 833-4101.
- Dr. White's office phone number: (309) 833-3706