

BREAST INFECTION SURGERY

Pre-Operative Instructions

Help us keep you safe during your surgery by telling us if any of the following apply to you:

- I take a blood thinner. Some examples include aspirin, heparin, warfarin (Coumadin), clopidogrel (Plavix), enoxaparin (Lovenox), dabigatrn (Pradaxa), apixaban (Eliquis), and rivaroxaban (Xarelto).
- I take immunosuppressant medication.
- I take a weight loss medication.
- I have a pacemaker, automatic implantable cardioverter-defibrillator, or other heart device.
- I have sleep apnea.
- I have had a problem with anesthesia in the past.
- I am allergic to certain medications or materials, including latex.

When to stop medications, herbal remedies, vitamins and other dietary supplements:

- 7 days prior to surgery: Stop taking vitamins, herbal remedies, and other dietary supplements.
- 3 days prior to surgery: Stop taking NSAIDs such as ibuprofen (Advil, Motrin) and naproxen (Aleve).
- Anesthesia will discuss all other medications when they call the day before your surgery.

When to stop eating and drinking before surgery:

- Do not eat any food after **midnight** the night before your surgery.
- You can drink clear liquids until **4 hours** before your surgery. Examples of clear liquids include water, apple juice, black coffee (without cream, sugar or honey) and tea (without cream, sugar or sugar).

It is critical that these instructions are followed or your surgery will need to be canceled.

Pre-operative checklist:

- ✓ Arrange for a responsible adult to take you to and from surgery. You will need someone to stay with you the night of surgery if you are planning to go home the same day of surgery.
- ✓ Complete your pre-registration for your surgery center.
- ✓ Schedule your pre-op COVID test (to be done no earlier than 72 hours prior to your surgery).
- ✓ Refer to your ***Surgery Itinerary*** for check-in time and location for the day of your surgery.
- ✓ Fill any post-op prescriptions that have been provided to you.
- ✓ Wear comfortable, loose fitting clothing the day of surgery.
- ✓ Please leave valuables at home or with your friends/family.

Post-Operative Instructions

Diet

For the first few days after your surgery, you should eat foods that you easily tolerate and be sure to drink plenty of clear liquids to stay well hydrated. You may then advance to your normal diet as tolerated.

Medications

Pain management is an important part of your post-surgery care. You should expect some discomfort after your surgery. It is important to take pain medication prior to your pain becoming intense in severity.

In addition to narcotic pain medications, you may take ibuprofen (Advil or Motrin) 200-800 mg every 6-8 hours to help with pain control provided you do not have peptic ulcer disease or another medical condition that makes NSAIDs unsafe. Do not exceed 3200 mg in a 24-hour period. You may stagger your narcotic pain medication and ibuprofen every 3 hours or take them together every 6 hours.

Mild swelling is normal following surgery. To help decrease inflammation and discomfort you should apply ice packs to the surgery area for the first 24-48 hours after your surgery and then as needed. Apply the ice pack for 20 minutes every 2 hours as you can throughout the day.

Some side-effects from narcotic pain medication include nausea/vomiting and constipation. If you experience these, you should stop the medication and take ibuprofen or acetaminophen for pain management.

If you experience any nausea, try using Sea Bands (available in pharmacy departments or online). This is a drug-free method that works to treat nausea by using a pressure point on your inner arm. Please refer to *Acupressure for Nausea and Vomiting* in the *Resources* section on our website for more information.

While on narcotic pain medications, you should be taking docusate sodium (Colace) 100 mg twice a day with good fluid intake. If you do not have a bowel movement after 3 days, take MiraLAX morning and night until you have a bowel movement. If no results, please contact our office.

You may resume your previous medications, vitamins and herbal remedies unless instructed otherwise.

Incision/Dressing Care

Leave your dressing in place until your first office visit. If your dressing becomes extremely soiled, or loosens and comes off prior to your first office visit, please contact our office.

Activity Restrictions

Avoid repetitive movements and heavy lifting (greater than 10 lbs.) with the arm on your surgical side, until healed.

You may return to work once you are no longer taking narcotic pain medication and are not required to do any strenuous activity or heavy lifting. Please notify our office if you need a return-to-work letter for your employer.

You are ok to drive once you are no longer taking narcotic pain medication and feeling capable to perform safely.

Follow-up Appointments

As soon as you can following surgery, please call 541-735-3778 to arrange your wound care and follow-up appointments.

Things to Watch For

1. Chest pain or difficulty breathing.
2. Dressings saturated with blood.
3. Severe swelling or bruising that does not improve in a few days.
4. Fever greater than 101.0.
5. Uncontrolled pain.
6. Nausea and/or vomiting that continues for 12-24 hours.
7. Diarrhea that continues for 12-48 hours.
8. Signs of a wound infection: increased swelling, redness, pain, drainage and/or odor.
9. Pain or swelling in your calf.

If you feel you are having a life-threatening emergency, please call 911.

Please call Oregon Surgical Wellness if you have questions or concerns, 541-735-3778. The office is open 9:00 am to 5:00 pm Monday through Friday. For urgent needs after office hours, please call 541-222-9911 to speak to the on-call surgeon.

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