

**PERIOPERATIVE SERVICES
DAY SURGERY UNIT**
Post-Operative Instructions
Lumpectomy Surgery

PAIN:

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

OPERATIVE SITE:

Your sutures are dissolvable and do not require removal. Leave your dressing on for 3 days. Change and replace your dressing with a clean dry dressing if it becomes soiled or wet.

ACTIVITY:

Resume regular daily activities as tolerated. No heavy exercises until you see your Doctor at your follow-up appointment. Make sure the dressing does not get wet or soiled. Return to work as advised by your Doctor.

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.

FOLLOW-UP:

Your Doctor 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 (38°C or 100.4°F) and/ or chills lasting more than 24 hours
- incision red, hot or swollen



Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular health care needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.