

Outpatient Discharge Instructions

Gender Affirming Mastectomy Surgery

ACTIVITY & DIET

Observe the patient carefully during the ride home so that if vomiting occurs, assistance can be given. Do not give drinks in the car as patients may experience motion sickness after surgery.

We strongly suggest that the patient is taken straight home from the hospital. If you are unable to stay home with the patient, you should go over the instructions you have been given with the responsible adult who will care for the patient. The patient may be a little sleepy and unsteady on their feet for many reasons: anesthesia used during surgery, medications used to treat nausea, vomiting or pain, and interruption of normal sleep habits.

Patients who have undergone general anesthesia or sedation should not drive any motor vehicle or operate machinery with blades or fans, or drink alcoholic beverages for 24 hours or while taking prescription medication for pain. No medication should be taken unless ordered or approved by the surgeon.

- You may resume your normal diet and activity as pain allows. Take short walks several times a day
- Try to “take it easy”. Don’t start any major projects in the next few weeks
- Avoid stretching your arms above your head or behind your back for the next 3-4 weeks.
- Cold compresses on the sides of your chest may help with swelling and pain. Avoid hot or cold compresses directed to the chest until cleared by your surgeon
- Sleep on your back. You may find it helpful to sleep with your head and shoulders elevated. Do not sleep on your stomach or lie face down until cleared by your surgeon

DRESSING & WOUND CARE

- Keep your surgical dressings in place until **2 days** after surgery
- If you have drain tubes, empty and record the output for each drain separately 1-2x per day or more often as needed. You may need to gently “strip” the drains to help fluid move through
- You may have bolster dressings over your nipple grafts; apply vasoline or Aquaphor ointment to the dressing twice daily. It is ok to let these dressings get wet in the shower
- Avoid heavy lifting of strenuous activity
- Wear your provided surgical vest at all times except when showering
- In 2 days, you may remove the dressings, shower and wash gently with regular soap and water
- You may replace your dressings with clean and dry dressings if you would like, but you are not required to have a dressing over the incisions after this time
- A small amount of drainage from the incision sites is normal during the first few days after surgery. You may find it helpful to place clean gauze or an absorbent dressing over the incisions to protect clothing
- Avoid soaking in bath tubs until cleared by your surgeon. No chlorinated swimming pools for 4 weeks after surgery. No swimming in open water or hot tubs for 6 weeks after surgery

MEDICATIONS

- You may use Tylenol (acetaminophen) or Advil (Motrin/Ibuprofen) for pain. Take these medications as directed on the label
- You may be prescribed additional pain medication if needed. Do not drive vehicles or operate heavy machinery while using narcotic pain medications
- Resume taking your preoperative medications unless otherwise instructed by your surgeon

WHAT TO WATCH FOR:

Report the following signs or symptoms to your doctor:

- EXCESSIVE BLEEDING • FOUL SMELLING DRAINAGE • REDNESS OR SWELLING AT INCISION SITE
- PERSISTENT NAUSEA OR VOMITING • TEMPERATURE OF 101° OR ABOVE • SEVERE OR WORSENING PAIN
- CHANGE IN COLOR OF THE NIPPLE OR AREOLA • CHEST PAIN OR SHORTNESS OF BREATH
- SIGNIFICANT SWELLING OF THE CHEST • LOSS OF SENSATION, COLOR, OR PULSE OF YOUR EXTREMITY

You may call the office at any time at **928-774-2300**. A surgeon from our practice is on call and available 24/7

RETURN APPOINTMENT

You should be scheduled to see your surgeon 1-2 weeks after your surgery. If you do not already have an appointment scheduled call the office to schedule