

DAVID I. KAUFMAN, MD, FACS
Board-Certified by the American Board of Surgery



*Respected by doctors...
...trusted by patients.*

Center of Excellence for Breast Care and Cancer

Preparation & Instructions for your Mastectomy **(with or without Reconstruction)**

Please familiarize yourself with the following information before and after your procedure. This will help ensure the best possible healing process.

Prior to the procedure: Do not take Aspirin, Advil, Motrin, Aleve, Vitamin E, Alka Seltzer, Herbal Tea and all vitamins and supplements for at least 7 full days. Coumadin, Plavix, Aspirin or other medications that thin your blood must be stopped before the procedure with clearance and specific instructions from your medical doctor.

The day of the procedure: Arrange for someone to drive you to the hospital. Wear a comfortable two-piece outfit. Plan to spend at least one night in the hospital.

Following the procedure/Wound care: DO NOT REMOVE gauze bandage. It will be changed in the office. Empty the surgical drains every 12 hours and keep a written record of the amount of drainage from each drain. You may experience some post-operative discomfort, pressure, heaviness, soreness, twinges, pulling, throbbing or a burning sensation at or near the wound. Swelling, redness, black and blue, drainage and bleeding may appear at or near the wound and is expected and normal. **Notify our office immediately** if increasing redness, high fevers, massive swelling or large amounts of drainage or bleeding occur as this may indicate a problem or post-operative infection. **Do not use** heating pads, ointments, peroxide or creams on the wound. Restart all prescription medications and vitamins the day after surgery unless otherwise directed.

Pain medication: We will submit a prescription for pain medication to your pharmacy prior to your scheduled surgery date. Take your prescribed pain medication as directed and **only if needed to control pain**. Tylenol (Acetaminophen), 2 tablets every 6 hours is also sufficient for relief or discomfort (if not allergic). Avoid Aspirin, Advil, Aleve, Motrin and similar medications.

Post-operative Activity: NO driving, heavy lifting, reaching up, bending or exercise unless cleared to do so by Dr. Kaufman. Use common sense. No driving or alcohol consumption if you are in pain or taking pain medication.

Post-operative Appointment: Usually, no immediate post-operative visit is needed, so in most cases you will be given a follow-up appointment within 5-7 days. If you have reconstruction you will see the Plastic Surgeon within 1 week.

Your Pathology Report: The results are usually available within 7-10 business days. We will call you as soon as possible; however, we will not leave a message or voicemail with results.

Questions or confusion: Please call our office if you need further information or clarification.

Please be advised that during your visit you may receive a portion of your care and a bill from an out of network physician i.e. Anesthesiologist, Radiologist, Pathologist, Cardiologist, Internist, House Physician or Physician Assistant, etc.

I certify that these instructions have been fully explained to me. I fully understand the information and confirm the all of my questions have been answered to my satisfaction.

Name _____ Signature _____ Date _____ Time _____