

The
Breast Center
of Southwest Surgical Associates

Kelly S. Dempsey, MD ♦ Liz Lee, MD

**Instructions after Breast Surgery
Including Biopsy, Lumpectomy, and Mastectomy**

- Eat lightly the evening after surgery, and then resume a normal diet.
- Wear a comfortable support bra (**no underwire bras**).
- No exercising or vigorous activity for 14 days.
- You may remove any gauze bandage after 48 hours.
- Leave steri-strips in place. No need for a bandage to cover the area. (If there is some drainage, tuck loose gauze or a panty liner in the bra to protect your clothes). Tape will irritate the skin.
- Keep the area **CLEAN and DRY**. **You may shower after 48 hours**. No need to cover the area. Pat dry with a towel after showering.
- Showers only - no tub baths, Jacuzzi, or swimming for 14 days.
- Take medications as directed. Pain killers should be taken with food and often cause constipation. You should consider a stool softener if you experience this problem.
- Call the office to make a follow up appointment to see Dr. Dempsey in one week.
- If a problem develops or if you have any questions please call Dr. Dempsey's nurse at 281-242-9000.

Memorial Hermann Sugar Land Location:	17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479
Methodist Sugar Land Location:	16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479
Memorial Hermann Southwest Location:	7777 Southwest Freeway, Suite 810 · Houston, Texas 77074
Memorial Hermann Katy Location:	23920 Katy Freeway, Suite 410 · Katy, Texas 77494
Memorial Hermann Memorial City Location:	920 Frostwood, Suite 620 · Houston, Texas 77024
Memorial Hermann Cypress:	27700 Northwest Freeway, Suite 330 · Cypress, Texas 77433
St. Joseph Hospital	1315 St. Joseph Pkwy Suite 1708 · Houston, TX 77002
Pearland Kirby Medical Plaza Location:	10970 Shadow Creek Parkway, Suite 220 · Pearland, Texas 77584
Woman's Hospital:	7400 Fannin Dr., Suite 700 · Houston, Texas 77054
Central Business Office:	13811 Murphy Road · Stafford, Texas 77477