



LIVING BEYOND
BREAST CANCER®

PHYSICAL CONCERNS



Preparing for wound care after breast surgery

After breast surgery, you'll need to care for your surgery wounds to recover well.

Some tasks may be difficult to do on your own. Bring a partner or caregiver when you are instructed on wound care to help you with these tasks while you recover.

Shop ahead of time for clothing and over-the-counter items you will need to care for incisions and drains:

gauze (both dressings and rolls)

gloves

medical tape

disposable briefs

alcohol swabs or wipes

additional items I should get:

cups (to measure how much fluid
is leaving through the drains)

safety pins

When your surgeon says you can shower, follow instructions to protect your wounds. Use a shower bench for extra safety. During the first weeks after surgery, have a caregiver close by in case you need help or feel lightheaded.

Advisory support from Judith D. Ott, LCSW, a survivor

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