

## **MRM/Axillary Dissection Post-Op Instructions**

- You will have 1-2 drains in place after surgery. You will be educated on care of the drains before you leave the hospital.
- When you go home, you will need to document the amount of the drainage twice daily and call our office with the amounts for each drain.
- No showers until the drain(s) are out. You may sponge bath until then.
- Limit your shoulder use until told to begin exercises. You may use elbow, wrist and fingers.
- You will be out of work for approximately 3-6 weeks following surgery.
- See “Breast Surgery Recovery Exercises” below for exercises after given permission by your doctor.