General guidelines for after breast cancer surgery.

Side effects from surgery are not uncommon and vary from person to person based on the location of the cancer and surgery type. Relieving surgery side effects is an important part of your care and treatment. Maintaining a healthy diet, drinking water, along with plenty of rest and self-care after your surgery are things you can do to help assist in your recovery.

Rest and focus on healing!

Resting after your surgery is very important for healing. Trying to do too much will slow the healing process and may worsen any side effects you are experiencing. Ask your surgeon when it will be safe for you to resume normal daily activities such as vacuuming, laundry or walking your dog.

Keeping your incision clean and dry is also important. This will help to minimize the risk of an infection and promote the healing process.

If there are concerns or questions about side effects after surgery, contact your health care team.

Always follow your surgeon's specific instructions for care after your surgery.

Resources for Additional Information:

- Cancer.Net, Side Effects of Surgery
- American Cancer Society, Recovering from Cancer
- NIH, NCI Surgery to Treat Cancer

Información Española

- Cancer.Net, Efectos secundarios de la cirugía
- NIH, Cirugía para tratar el cancer

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