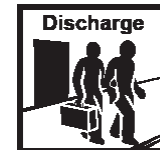





# Mastectomy CareMap

Before, during, and after your hospital stay

- May include axillary sentinel node
- Without reconstruction
- Without axillary node dissection

Before Surgery	Day of Surgery	Discharge or Day 1
<p><b>7 Days Before</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plan for your ride to the hospital and back home.</li> <li><input type="checkbox"/> If you usually take blood thinners such as Lovenox or Coumadin, talk with our care team. We may want to adjust your doses around the time of the surgery.</li> <li><input type="checkbox"/> Stop taking supplements and vitamins.</li> <li><input type="checkbox"/> Pre-Anesthesia staff will tell you which medicines to take on the morning of surgery.</li> </ul> <p><b>2 Days Before</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stop shaving near the surgery site, if needed.</li> </ul> <p><b>Day Before</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will receive a call from the hospital with your arrival time and medicine instructions.</li> <li><input type="checkbox"/> Take a shower with the antibacterial soap, as prescribed.</li> <li><input type="checkbox"/> Do <b>NOT</b> eat any food or drink any alcohol after midnight.</li> <li><input type="checkbox"/> Refer to your manual "Guide to Your Breast Surgery" about how to prepare for surgery.</li> </ul>	<p><b>Before Surgery</b></p> <p><b>At Home</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a 2nd shower with the antibacterial soap, as prescribed.</li> </ul> <p><b>At the Hospital</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check in at the Surgery Registration Desk at or before your scheduled arrival time.</li> <li><input type="checkbox"/> A nurse will call you to come into the pre-op area.</li> <li><input type="checkbox"/> We will start an <i>intravenous</i> (IV) line to give you medicines and fluid.</li> <li><input type="checkbox"/> We will check your blood sugar.</li> <li><input type="checkbox"/> You will meet with:                     <ul style="list-style-type: none"> <li>- An anesthesiologist to talk about anesthesia</li> <li>- A member of the surgery team so that you can ask questions and sign a consent form (if not already signed)</li> <li>- Nurses to review your health history</li> </ul> </li> <li><input type="checkbox"/> A member of the anesthesia team will take you to the operating room (OR).</li> </ul> <p><b>After Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will wake up in the recovery room. You will:                     <ul style="list-style-type: none"> <li>- Have drains to remove fluid from the surgery area</li> <li>- Receive pain medicine by IV or by mouth, and anti-nausea medicine as needed</li> </ul> </li> <li><input type="checkbox"/> We will move you to a room on a care unit when ready.</li> </ul> <p><b>Self-care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Arm-use precautions:</b> Until your drains are removed, move your arms gently.                     <ul style="list-style-type: none"> <li>- Do <b>NOT</b> raise your arm above shoulder height on the side of your surgery.</li> <li>- Do <b>NOT</b> lift anything that weighs more than 8 pounds (1 gallon of water weighs more than 8 pounds). This includes children and pets.</li> <li>- Do <b>NOT</b> vacuum, do laundry, or do other chores.</li> </ul> </li> <li><input type="checkbox"/> Empty each drain 2 to 3 times a day. Record each drain amount separately in your log.</li> <li><input type="checkbox"/> Keep all dressings clean and dry.</li> <li><input type="checkbox"/> Eat a normal healthy diet, as you can.</li> <li><input type="checkbox"/> Start walking on the night of surgery.</li> </ul>	<p><input type="checkbox"/> Once your pain is under control, you will be discharged from the hospital. This could be the same day as surgery or the next morning.</p> <p><input type="checkbox"/> Your follow-up visit with your surgical team will be set up before you leave the hospital.</p> <p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Your pain will be controlled by:                     <ul style="list-style-type: none"> <li>- Acetaminophen (Tylenol) and/or ibuprofen (Advil, Motrin)</li> <li>- Opioid pain pills, as needed (always take with food)</li> </ul> </li> <li><input type="checkbox"/> While you are taking opioids, also take the medicine prescribed for constipation (unless you have loose stools).</li> </ul> <p><b>Diet</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eat your usual foods.</li> <li><input type="checkbox"/> Drink plenty of water to stay hydrated.</li> </ul> <p><b>Self-care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you have dressings, leave them in place.</li> <li><input type="checkbox"/> Walk at least 4 times a day. Start with short walks, about 10 to 15 minutes long.</li> <li><input type="checkbox"/> Do <b>NOT</b> drive while you are taking opioids.</li> <li><input type="checkbox"/> Keep the drain site clean. If you wish, you may lightly cover the site with gauze and tape. Follow any other instructions we gave you about drain care while you were in the hospital.</li> <li><input type="checkbox"/> Empty each drain 2 to 3 times a day. Log each amount separately. Call the clinic when output is less than 30 ml in 24 hours for 2 days in a row. They will tell you next steps for drain removal.</li> <li><input type="checkbox"/> Read the handout "Stretches and Exercises." Move your arms gently. Follow arm-use precautions until drains are removed (see "Self-care and Activity" under Day of Surgery).</li> </ul> <p><b>At Home</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Continue all medicines, diet, self-care, and activity instructions provided at discharge.</li> <li><input type="checkbox"/> <b>48 hours after surgery:</b> If you have dressings, remove the outer bandages from your breast and armpit. Leave the white Steri-strips in place. Then shower. Pat the Steri-strips dry.</li> </ul>



Week 1	Weeks 2-3	After Drains Removed
<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain controlled by: <ul style="list-style-type: none"> <li>- Acetaminophen and ibuprofen</li> <li>- Opioid pain pills, only as needed (always take with food)</li> </ul> </li> <li><input type="checkbox"/> Begin to taper dose of opioids</li> <li><input type="checkbox"/> While you are taking opioids, keep taking the medicine prescribed for constipation (unless you have loose stools).</li> </ul> <p><b>Self-care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk every day, going farther each day.</li> <li><input type="checkbox"/> <b>Until drains are removed</b>, move your arms gently: <ul style="list-style-type: none"> <li>- Do <b>NOT</b> raise your arm above shoulder height on the side of your surgery.</li> <li>- Do <b>NOT</b> lift anything that weighs more than 8 pounds (1 gallon of water weighs more than 8 pounds). This includes children and pets.</li> <li>- Do <b>NOT</b> vacuum, do laundry, or do other chores.</li> </ul> </li> <li><input type="checkbox"/> Empty each drain 2 to 3 times a day. Record each drain amount separately in your log. Always bring your log with you to your clinic visit.</li> <li><input type="checkbox"/> Keep following instructions in the “Stretches and Exercises” handout.</li> <li><input type="checkbox"/> Do <b>NOT</b> drive while taking opioids.</li> </ul> 	<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain controlled by acetaminophen and ibuprofen</li> <li><input type="checkbox"/> Goal is to be off opioids by now</li> </ul> <p><b>Self-care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk every day, going farther each day.</li> <li><input type="checkbox"/> Keep following instructions in the “Stretches and Exercises” handout.</li> <li><input type="checkbox"/> <b>Until drains are removed</b>, move your arms gently: <ul style="list-style-type: none"> <li>- Do <b>NOT</b> raise your arm above shoulder height on the side of your surgery.</li> <li>- Do <b>NOT</b> lift anything that weighs more than 8 pounds (1 gallon of water weighs more than 8 pounds). This includes children and pets.</li> <li>- Do <b>NOT</b> vacuum</li> </ul> </li> <li><input type="checkbox"/> If you still have drains, empty each of them 2 to 3 times a day, record each amount separately in your log. Call the clinic to have a drain removed when output for that drain is less than 30 ml in 24 hours for 2 days in a row.</li> <li><input type="checkbox"/> If you have stopped taking opioids, you can drive if you feel OK doing so and you follow your activity restrictions.</li> </ul> 	<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain controlled by acetaminophen and ibuprofen</li> </ul> <p><b>Self-care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk every day, going farther each day.</li> <li><input type="checkbox"/> Until you see a physical or occupational therapist (PT or OT), keep following instructions in the “Stretches and Exercises” handout.</li> </ul> <p><b>When your surgeon says it is safe:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You may start PT/OT and massage 1 week after your last drain is removed.</li> <li><input type="checkbox"/> Start doing more exercise. Build slowly. Let your body guide you. If an activity causes pain, slow down or stop!</li> <li><input type="checkbox"/> Start using your arms more fully. Drop weight limits.</li> </ul>
<p><b>Follow-up Visits</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Visit with breast surgeon and/or Advanced Practice Practitioner (APP) 1 to 2 weeks after surgery: <ul style="list-style-type: none"> <li>- Talk about pathology report (you may receive results by phone before this visit)</li> <li>- Drains are removed, if output less than 30 ml a day</li> <li>- If needed, talk about seeing medical or radiation oncologist for more treatment</li> <li>- Receive prescription for physical therapy (PT) or occupational therapy (OT), but do <b>not</b> use it until at least 1 week after all drains are removed</li> </ul> </li> </ul> 		<p><b>Questions or Concerns?</b></p> <p>Your questions are important. Call your care team if you have questions or concerns.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>SCCA Breast Health Clinic:</b> 206.606.7563</li> <li><input type="checkbox"/> <b>UWMC Breast Clinic - Northwest Campus:</b> 206.668.6746</li> </ul> <p><b>For urgent needs after hours:</b></p> <p>You can also call your clinic any time of the day or night. Ask to speak with the provider on call.</p>