


# Mastectomy\* CareMap




Your care plan may differ

\* With or without axillary sentinel node

\* Without reconstruction

\* Without axillary node dissection

Before Surgery	Day of Surgery	Day 1: Discharge
<ul style="list-style-type: none"> <li><input type="checkbox"/> Follow instructions about stopping medicines that you were given at your pre-op visit (see Anesthesia sheet).</li> <li><input type="checkbox"/> <b>7 days before:</b> Stop taking medicines that thin your blood (aspirin, ibuprofen, and others).</li> <li><input type="checkbox"/> <b>5 days before:</b> Stop taking warfarin (Coumadin). If Lovenox was prescribed for you, start taking it while warfarin is on hold.</li> </ul>	<p style="text-align: center;"><b>Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Before you leave home</b>, take a 2nd shower with the antibacterial soap, as prescribed.</li> <li><input type="checkbox"/> Check in at Surgery Registration (Surgery Pavilion, 2nd floor) 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"/> An intravenous (IV) line will be started for medicines and fluid.</li> <li><input type="checkbox"/> Your blood sugar will be checked.</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 to ask questions, and sign the consent form if this has not already been done</li> <li>- Nurses to review your health history</li> </ul> </li> <li><input type="checkbox"/> A heating blanket will be placed on you to keep you warm.</li> <li><input type="checkbox"/> An anesthesia team member will take you to operating room.</li> </ul>	<p style="text-align: center;"><b>Day 1: Discharge</b></p> <p style="text-align: center;"><b>Treatment and Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will be discharged from the hospital in the morning.</li> <li><input type="checkbox"/> Your pain will be controlled by:               <ul style="list-style-type: none"> <li>- Prescription pain pills (always take with food)</li> <li>- Acetaminophen (Tylenol) and/or ibuprofen (Advil, Motrin)</li> </ul> </li> <li><input type="checkbox"/> Keep taking stool softener (unless you have loose stools).</li> </ul> 
<b>Day Before Surgery</b>	<b>After Surgery</b>	<b>Diet</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> You will receive a call from the hospital with your scheduled arrival time.</li> <li><input type="checkbox"/> Take a shower with the antibacterial soap, as prescribed.</li> <li><input type="checkbox"/> Follow any other instructions you were given on how to prepare your skin.</li> <li><input type="checkbox"/> <b>Eating and drinking:</b> Follow the pre-surgery instructions your care team gave you about what to eat and drink before surgery.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> You will wake up in the recovery room.</li> <li><input type="checkbox"/> You will be moved to a room on a care unit when ready.</li> <li><input type="checkbox"/> You will have:               <ul style="list-style-type: none"> <li>- IV for pain medicine and fluids</li> <li>- Acetaminophen (Tylenol) by mouth, anti-nausea medicine as needed, stool softeners to help with constipation</li> <li>- Drains to remove fluid from the surgery area</li> </ul> </li> </ul>	<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>
<b>Self-care and Activity</b>	<b>Self-care and Activity</b>	<b>Self-care and Activity</b>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Arm-use precautions:</b> Until your drains are removed, move your arms gently. <b>Do NOT:</b> <ul style="list-style-type: none"> <li>- Raise your arm above shoulder height on the side of your surgery</li> <li>- Lift anything that weighs more than 8 pounds (about 1 gallon of milk) – do not lift children, vacuum, do laundry, or 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 diet, as able.</li> <li><input type="checkbox"/> Walk starting the night of surgery.</li> </ul>	<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 not drive while you are taking prescription pain medicine.</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 you were given 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 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"/> <b>Follow arm-use precautions until drains are removed</b> (see “Self-care and Activity” in Day of Surgery column).</li> </ul>
<b>Day 2: At Home</b>	<b>Day 2: At Home</b>	<p style="text-align: center;"><b>Day 2: At Home</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Continue all medicines, diet, and self-care/activity from Day 1.</li> <li><input type="checkbox"/> 48 hours after surgery: If you have dressings, remove outer bandages from both breast and armpit. Leave the white Steri-strips in place. You may then shower. Pat the Steri-strips dry.</li> <li><input type="checkbox"/> Your follow-up visit with your surgical team will be set up before you leave the hospital. If you have questions or concerns before that visit, call your doctor weekdays from 8 a.m. to 5:30 p.m.:               <ul style="list-style-type: none"> <li>- If you are a patient of Dr. Byrd, call 206.288.1160</li> <li>- If you are a patient of Dr. Anderson, Dr. Calhoun, or Dr. Javid, call 206.288.7563</li> </ul> </li> </ul>

Week 1	Week 2	Week 3	After Drains Removed
<b>Treatment and Medicines</b>			
<input type="checkbox"/> Pain controlled by: .....▶ - Prescription pain pills as needed - Acetaminophen and ibuprofen <input type="checkbox"/> Take stool softener (unless having loose stools)	<input type="checkbox"/> Begin to taper dose of prescription pain pills <input type="checkbox"/> If still taking prescription pain pills, take stool softener (unless having loose stools) .....▶	<input type="checkbox"/> Goal is to be off prescription pain medicine by now <input type="checkbox"/> Pain controlled by acetaminophen .....▶ and/or ibuprofen .....▶	
<b>Self-care and Activity</b>			
<input type="checkbox"/> Walk every day, going farther each day. <input type="checkbox"/> <b>Until drains are removed</b> , move your arms gently. <b>Do NOT:</b> - Raise your arm above shoulder height on the side of your surgery - Lift anything that weighs more than 8 pounds (about 1 gallon of milk) – do not lift children, vacuum, do laundry, or any other chores <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. <input type="checkbox"/> Do not drive while taking prescription pain pills.	<div data-bbox="837 488 980 630" style="text-align: center;">  <p>Activity Guidelines</p> </div> <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 clinic (206.288.7563) to have a drain removed when output for that drain is less than 30 ml in 24 hours for 2 days in a row. <input type="checkbox"/> If you have stopped taking prescription pain pills, you can drive if you feel OK doing so.	<div data-bbox="1354 488 1497 634" style="text-align: center;">  <p>Walking</p> </div>	<input type="checkbox"/> You may start physical therapy and massage 1 week after last drain is removed. <input type="checkbox"/> Start using your arms more fully, drop weight limits. <input type="checkbox"/> Start doing more exercise, build slowly, let your body guide you -- if it hurts, slow down or stop!
<b>Follow-up Visits</b>			
<input type="checkbox"/> Visit with breast surgeon and/or physician assistant (1 to 2 weeks after surgery): - Talk about pathology report (you may receive results by phone before this visit) - Drains are removed, if output less than 30 ml a day - If needed, talk about seeing medical or radiation oncologist for more treatment - Receive prescription for physical therapy, but do not use it until at least 1 week after all drains are removed	<div data-bbox="974 1065 1121 1214" style="text-align: center;">  <p>Follow-up</p> </div>		