




# Mastectomy with Tissue Expander CareMap

Your care plan may differ

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"/> Before you leave home, 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/or sign consent form</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>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 ibuprofen (Advil, Motrin)</li> <li>- Muscle relaxants</li> </ul> </li> <li><input type="checkbox"/> You will take antibiotics to reduce infection risk.</li> <li><input type="checkbox"/> Keep taking stool softener (unless you have loose stools).</li> </ul>
<p style="text-align: center;"><b>Day Before Surgery</b></p>	<p style="text-align: center;"><b>After Surgery</b></p>	<p style="text-align: center;"><b>Diet</b></p>
<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>- Local anesthetic block (placed during surgery)</li> <li>- Acetaminophen (Tylenol) by mouth, muscle relaxants, antibiotics, anti-nausea medicine as needed, stool softeners to help with constipation</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>
	<p style="text-align: center;"><b>Self-care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Arm-use precautions: For 4 weeks,</b> move your arms gently. <b>Do NOT:</b> <ul style="list-style-type: none"> <li>- Raise arms above shoulder height on the side of surgery</li> <li>- Lift anything that weighs more than 10 pounds (about 1 gallon of milk) – do not lift children, vacuum, do laundry, or any 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>	<p style="text-align: center;"><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"/> Keep the drain site clean. Apply Bacitracin ointment once a day to your skin around the site. If you wish, lightly cover the site with gauze.</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"/> 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 for 4 weeks</b> (see “Self-care and Activity” under Day of Surgery column).</li> </ul>
		<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 the outer bandages from both breast and armpit, but 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> <li>- To talk with a Plastic Surgery clinic nurse, call 206.598.1217</li> </ul> </li> </ul>

Week 1	Week 2	Week 3	Week 4
<b>Treatment and Medicines</b>			
<input type="checkbox"/> Pain controlled by: ..... - Prescription pain pills - Acetaminophen and ibuprofen - Muscle relaxants <input type="checkbox"/> Antibiotics to reduce infection risk <input type="checkbox"/> May take probiotics if on antibiotics ..... <input type="checkbox"/> Take stool softener (unless having loose stools)	<input type="checkbox"/> Begin to taper dose of prescription pain pills <input type="checkbox"/> Antibiotics, if drains still in place ..... <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, ibuprofen, and muscle relaxants ..... ..... .....	<input type="checkbox"/> May need muscle relaxants for only 1 to 2 days after tissue expansion
<b>Self-care and Activity</b>			
<input type="checkbox"/> Walk every day, going farther each day. <input type="checkbox"/> For <b>4 weeks</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 drains 2 to 3 times a day, record amounts in your log, always bring the log with you to your clinic visit. <input type="checkbox"/> Do not drive while taking prescription pain pills.	<div data-bbox="835 527 974 662" style="text-align: center;">  </div> <input type="checkbox"/> If you still have drains, empty them 2 to 3 times a day, record amounts in your log. Call clinic to have them removed when output 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="1367 505 1486 623" style="text-align: center;">  </div> <input type="checkbox"/> If any drains are still in place at the end of 3 weeks, make an appointment to have them removed, either in the breast surgeon's office or the plastic surgeon's office.	<div data-bbox="1640 602 2003 646" style="text-align: center; background-color: black; color: white; padding: 2px;"><b>Week 5</b></div> <input type="checkbox"/> You may start physical therapy and massage. <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, physician assistant, and/or nurse practitioner (1 to 2 weeks after surgery): - Talk about your pathology report (you may receive results by phone before this visit) - Drains removed, if output less than 30 ml a day - If needed, talk about seeing a medical or radiation oncologist for more treatment - Receive prescription for physical therapy, but do not use it until 4 weeks after surgery	<div data-bbox="989 1045 1129 1187" style="text-align: center;">  </div> <input type="checkbox"/> Visit with plastic surgeon, physician assistant, and/or nurse practitioner (3 weeks after surgery): - If your incisions are healed well enough, your tissue expansion will start - Any remaining drains removed, if output less than 30 ml a day <input type="checkbox"/> Follow-up visit with your plastic surgeon should have been set up by your Patient Care Coordinator. To confirm or schedule your appointment, call the UWMC Plastic Surgery Clinic at 206.598.1217.	<input type="checkbox"/> Visit plastic surgeon's office for tissue expansion: - Every 2 weeks, or - More often if radiation is planned for shortly after surgery	