### Before Surgery
- Follow instructions about stopping medicines that you were given at your pre-op visit (see Anesthesia sheet).
- **7 days before:** Stop taking medicines that thin your blood (aspirin, ibuprofen, and others).
- **5 days before:** Stop taking warfarin (Coumadin). If Lovenox was prescribed for you, start taking it while warfarin is on hold.

### Day Before Surgery
- You will receive a call from the hospital with your scheduled arrival time.
- Take a shower with the antibacterial soap, as prescribed.
- Follow any other instructions you received to prepare your skin.
- **Eating and drinking:** Follow the pre-surgery instructions your care team gave you about what to eat and drink before surgery.

### Day of Surgery
- **Before you leave home,** take a 2nd shower with the antibacterial soap, as prescribed.
- Check in at Surgery Registration (Surgery Pavilion, 2nd floor) at or before your scheduled arrival time.
- A nurse will call you to come into the pre-op area.
- An intravenous (IV) line will be started for medicines and fluid.
- Your blood sugar will be checked.
- You will meet with:
  - An anesthesiologist to talk about anesthesia
  - A member of the surgery team to ask questions, and sign the consent form if this has not already been done
  - Nurses to review your health history
- A heating blanket will be placed on you to keep you warm.
- An anesthesia team member will take you to operating room.

### After Surgery
- You will wake up in the recovery room.
- You will be moved to a room on a care unit when ready.
- You will have:
  - IV for pain medicine and fluids
  - Acetaminophen (Tylenol) by mouth, anti-nausea medicine as needed, stool softeners to help with constipation
  - Drains to remove fluid from the surgery area

### Self-care and Activity
- **Arm-use precautions:** Until your drains are removed, move your arms gently. **DO NOT:**
  - 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 other chores
  - Use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws
- Empty each drain 2 to 3 times a day. Record each drain amount separately in your log.
- Keep all dressings clean and dry.
- Eat a normal diet, as able.
- Walk starting the night of surgery.

### Day 1: Discharge
- You will be discharged from the hospital in the morning.
- Your pain will be controlled by:
  - Prescription pain pills (always take with food)
  - Acetaminophen (Tylenol) and/or ibuprofen (Advil, Motrin)
- Keep taking stool softener (unless you have loose stools).

### Diet
- Eat your usual foods.
- Drink plenty of water to stay hydrated.

### Self-care and Activity
- If you have dressings, leave them in place.
- Walk at least 4 times a day. Start with short walks about 10 to 15 minutes long.
- Do not drive while you are taking prescription pain medicine.
- Keep the drain site clean. If you wish, lightly cover the site with gauze and tape. Follow any other instructions you were given about drain care while you were in the hospital.
- 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.
- **Follow arm-use precautions until drains are removed** (see “Self-care and Activity” in Day of Surgery column).

### Day 2: At Home
- Continue all medicines, diet, and self-care/activity from Day 1.
- 48 hours after surgery: If you have dressings, remove outer bandages from your armpit. Leave the white Steri-strips in place. You may then shower. Pat the Steri-strips dry.
- 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.:
  - If you are a patient of Dr. Byrd, call 206.288.1160
  - If you are a patient of Dr. Anderson, Dr. Calhoun, or Dr. Javid, call 206.288.7563
### Treatment and Medicines

**Week 1**
- Pain controlled by:
  - Prescription pain pills as needed
  - Acetaminophen and ibuprofen
- Take stool softener (unless having loose stools)

**Week 2**
- Begin to taper dose of prescription pain pills
- If still taking prescription pain pills, take stool softener (unless having loose stools)

**Week 3**
- Goal is to be off prescription pain medicine by now
- Pain controlled by acetaminophen and/or ibuprofen

**After Drains Removed**
- Pain controlled by acetaminophen and/or ibuprofen

### Self-care and Activity

**Week 1**
- Walk every day, going farther each day.
- **Until drains are removed**, move your arms gently. **Do NOT:**
  - 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
  - Use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws
- Empty drains 2 to 3 times a day, record amounts in your log, always bring the log with you to your clinic visit.
- Do not drive while taking prescription pain pills.

**Week 2**
- If you still have drains, empty them 2 to 3 times a day, record amounts in your log. Call clinic (206.288.7563) to have them removed when output is less than 30 ml in 24 hours for 2 days in a row.
- If you have stopped taking prescription pain pills, you can drive if you feel OK doing so.

**Week 5**
- You may start physical therapy and massage 1 week after last drain is removed.
- Start using your arms more fully, drop weight limits.
- Start doing more exercise, build slowly, let your body guide you — if it hurts, slow down or stop!
- Do not use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws.

### Follow-up Visits

**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 — only 1 drain may be removed at your first visit
- 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