### Getting Ready for Surgery

**Planning**
- Meet with your surgeons and other members of your care team
- Make decision to have surgery
- Work with plastic surgery and breast surgery Patient Care Coordinators (PCCs) to set surgery date
- Have CT scan of blood vessels in your abdomen to prepare for flap surgery
- Talk with Anesthesia or Internal Medicine team to get cleared for surgery (may be in person or by phone)
- Meet with plastic surgeon or physician assistant to update paperwork, if needed
- If you smoke, you must STOP right away, and at least 4 weeks before your surgery

**2 Weeks Before Surgery**
- Stop taking Tamoxifen (you may resume taking this drug 2 weeks after discharge)

**7 Days Before Surgery**
- Stop taking medicines that may cause bleeding during surgery: aspirin, ibuprofen, Celebrex, and others

**Day Before Surgery**
- Receive a call from a nurse with your arrival time
- Shower with the antibacterial soap that you were told to use

**Night Before Surgery**
- Do not eat or drink anything after midnight

### Before you leave home:
- Take another shower with the antibacterial soap that you were told to use

### At the hospital:
- Check in at Surgery Registration (Surgery Pavilion, 2nd floor) no later than your assigned arrival time
- A nurse will call you to come to the Pre-Op area
- An IV tube will be placed in your arm to give you fluids and antibiotics
- An anesthesiologist will talk with you about the anesthesia you will receive during surgery
- Receive pain medicines (acetaminophen and gabapentin)
- Meet with a member of the surgical team to ask any questions and/or sign the surgery consent form
- Meet with pre-op and operating room (OR) nurses to review questions about your health
- You will be given a heating blanket to keep you warm
- Stickers with wires (leads) will be placed on your chest to monitor your heart during surgery
- The Anesthesiology Team will take you to the operating room

### Surgery Day: Pre-Op
- Before you leave home:
  - Take another shower with the antibacterial soap that you were told to use

### Surgery Day: Post-Op
- After surgery, you will:
  - Wake up in the intensive care unit (ICU)

You will have:
- An IV in your arm to give you fluids and antibiotics
- Compression devices on your legs to help with blood flow
- A Foley catheter in your bladder to remove urine

Your nurse will:
- Teach you how to use your incentive spirometer – do this 10 times each hour every day while you are in the hospital
- Make sure your pain is in control
- Check your flaps often
### Medicines and Treatment

<table>
<thead>
<tr>
<th>Day 1: Intensive Care Unit</th>
<th>Day 2: Plastic Surgery Unit</th>
<th>Discharge (Day 3 or 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurses will check the circulation to your flaps every hour</td>
<td>Nurses will check blood flow to your flaps every 2 hours</td>
<td>Nurses will check blood flow to your flaps every 4 hours</td>
</tr>
<tr>
<td>Nurses will carefully watch your vital signs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pain controlled by:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Local anesthetic block (placed during surgery)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Opioid pain medicine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Acetaminophen (Tylenol) and ketorolac (Toradol)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take stool softeners to help you have bowel movements</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Diet

<table>
<thead>
<tr>
<th>If your flaps remain stable overnight, start drinking clear fluids this morning</th>
<th>If your flaps are stable, start eating a normal diet</th>
<th>Normal diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear Liquids</td>
<td>Day 2 or 3: IV removed if you can drink enough fluids by mouth</td>
<td>Regular Meals</td>
</tr>
</tbody>
</table>

### Activity

<table>
<thead>
<tr>
<th>Spend the morning sitting up in bed</th>
<th>Aim to get out of bed to sit in a chair, walk to the bathroom, and walk in the hallway with PT or OT</th>
<th>Get out of bed to sit in a chair, walk to the bathroom, and walk in the hallway with the PT or nurse at least 4 times a day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet with physical therapist (PT) or occupational therapist (OT) and:</td>
<td>Meet with social worker to talk about home healthcare or a skilled nursing facility, if needed</td>
<td>Practice stairs with PT, if needed</td>
</tr>
<tr>
<td>- Learn how to roll to one side to get in and out of bed</td>
<td></td>
<td>Nurses may help you take a shower</td>
</tr>
<tr>
<td>- Have help meeting the goal of sitting up in a chair by the end of the day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For 4 weeks after surgery, move your arms very gently.</td>
<td>Training with OT on how to:</td>
<td>You may be ready to leave the hospital if:</td>
</tr>
<tr>
<td><strong>Do NOT:</strong></td>
<td>- Shower safely</td>
<td>- You can get out of bed by yourself</td>
</tr>
<tr>
<td>- Lift your arms to the side above waist level</td>
<td>- Do activities of daily living (ADLs)</td>
<td>- Your pain is under control, and you are able to get up and around OK</td>
</tr>
<tr>
<td>- Lift your arms to the front above shoulder level</td>
<td>- Change your bandages (dressing)</td>
<td></td>
</tr>
<tr>
<td>- Reach behind your back</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Lift anything that weighs more than 10 pounds (a gallon of water weighs a little over 8 pounds)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Do exercise that makes you breathe hard or your heart beat faster</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Push or pull on anything</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Drains and Catheters

| Your drains will be emptied 2 times a day and the amount of drainage will be recorded | | |
| Drains may be removed once amount of drainage is less than 30 ml in 24 hours for 2 days in a row | | |
| Foley catheter in place until you can get to the commode or bathroom | Foley catheter removed by now | |
### Medicines and Treatments

- **Pain controlled by:**
  - Opioid pain medicine
  - Acetaminophen and ibuprofen
- **Start decreasing opioid dose as you can, taking acetaminophen or ibuprofen instead**
- **Keep taking stool softeners every day until you have stopped taking opioids**
- **Start taking Tamoxifen again**
- **Keep decreasing opioid dose, taking acetaminophen or ibuprofen instead**

### Diet
- **Normal diet**

### Activity
- **You may shower**
- **Take short walks**
- **Aim to be out of bed most of the day**
- **For 4 weeks after surgery, move your arms very gently. Do NOT:**
  - Lift your arms to the side above waist level
  - Lift your arms to the front above shoulder level
  - Reach behind your back
  - Lift anything that weighs more than 10 pounds (a gallon of water weighs a little over 8 pounds)
  - Do exercise that makes you breathe hard or your heart beat faster
  - Push or pull on anything
- **Take daily walks and slowly increase how far you walk**
- **Start to use your arms more fully and drop lifting limits**
- **You may drive if you have stopped taking opioids and you feel comfortable sitting behind the steering wheel**
- **When your plastic surgeon says it is OK, resume normal activities with no restrictions**

### Appointments
- **Follow-up visit with breast cancer surgeon 1 to 2 weeks after surgery if reconstruction was done at the same time as your mastectomy:**
  - Review pathology report
  - Drains removed if drainage less than 30 ml in 24 hours for 2 days in a row
  - If needed, talk about more medical or radiation treatments
- **Follow-up visit with plastic surgeon 2 to 3 weeks after surgery:**
  - Check incisions for healing
  - Drains removed if drainage less than 30 ml in 24 hours for 2 days in a row
- **You may start physical therapy and massage**