






Axillary Node Dissection CareMap

Before, during, and after your hospital stay

Before Surgery	Day of Surgery	Going Home
<p>7 Days Before</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plan for your ride to the hospital and back home. <input type="checkbox"/> If you usually take blood thinners, talk with your care team. We may want to adjust your doses before and after surgery. <input type="checkbox"/> Stop taking supplements. This includes any vitamins, minerals, and herbs you take. <input type="checkbox"/> Nursing staff will tell you which medicines to take on the morning of surgery. <p>2 Days Before</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop shaving near the surgery site. 	<p>At Home</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a 2nd shower with the antibacterial soap, as instructed. <p>At the Hospital</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at Surgery Registration Desk at or before your scheduled check-in time. <input type="checkbox"/> A nurse will call you to come into the pre-op area. <input type="checkbox"/> We will start an intravenous (IV) line to give you medicines and fluid. <input type="checkbox"/> We will check your blood sugar. <input type="checkbox"/> You will meet with: <ul style="list-style-type: none"> - An anesthesiologist to talk about anesthesia - A member of the surgery team so you can ask questions and sign the consent form (if not already signed) - Nurses to review your health history <input type="checkbox"/> A member of the anesthesia team will take you to the operating room <p>After Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will wake up in the recovery room. <input type="checkbox"/> You will: <ul style="list-style-type: none"> - Have drains to remove fluid from the surgery area - Receive pain medicine by IV or by mouth and anti-nausea medicine as needed <p>Self-Care and Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arm-use precautions: Until your drains are removed, move your arms gently. <ul style="list-style-type: none"> - Do not raise your arm above shoulder height on the side of your surgery. - Do not lift anything that weighs more than 8 pounds (1 gallon of water weighs almost 9 pounds). This includes children and pets. - Do not do any strenuous activity, including household chores. - Do not use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws <input type="checkbox"/> Empty each drain 2 to 3 times a day. Record each drain amount separately in your log. <input type="checkbox"/> Keep all dressings clean and dry. <input type="checkbox"/> Eat a normal diet, as you can. <input type="checkbox"/> Start walking on the night of surgery. 	<ul style="list-style-type: none"> <input type="checkbox"/> Once your pain is under control, you will be discharged from the hospital. <input type="checkbox"/> Your follow-up visit with your surgical team will be noted on your discharge instructions. 
<p>Day Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will receive a call from the hospital with your check-in time. <input type="checkbox"/> Take a shower with the antibacterial soap, as instructed. <input type="checkbox"/> Do not eat any food or drink any alcohol after midnight. You may drink clear liquids up until 2 hours before your check-in time. <input type="checkbox"/> Read your surgery education for full instructions on preparing for surgery. 	 	<p>At Home</p> <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your pain will be controlled by: <ul style="list-style-type: none"> - Acetaminophen (Tylenol) and/or ibuprofen (Advil, Motrin) - Opioid pain pills, only if the other medicines do not ease your pain (always take with food) <input type="checkbox"/> While you are taking opioids, also take the medicine prescribed for constipation (unless you have loose stools)  <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat your usual healthy foods. <input type="checkbox"/> Drink plenty of water to stay hydrated.  <p>Self-Care and Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> If you have dressings, leave them in place. <input type="checkbox"/> Keep the drain site clean. If you wish, lightly cover it with gauze and tape. For more details, read the "Caring for Your JP Drains" handout. <input type="checkbox"/> Empty each drain 2 to 3 times a day. Log each amount separately. Call the clinic after 1 week if the output is less than 30 ml in 24 hours for 2 days in a row. They will tell you next steps for drain removal. <input type="checkbox"/> Walk at least 4 times a day. Start with short walks, about 10 to 15 minutes long. <input type="checkbox"/> Do not drive while you are taking opioids. <input type="checkbox"/> Read and follow the instructions in the handout "Stretches and Exercises." Move your arms gently. <input type="checkbox"/> Follow arm-use precautions until your drains are removed (see "Self-Care and Activity" in Day of Surgery column). <input type="checkbox"/> 48 hours after surgery: If you have dressings, remove the outer bandages. Leave the white Steri-Strips in place. You may then shower. Gently pat the Steri-Strips dry.

Week 1	Weeks 2 to 3	After Drains Are Removed
<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain controlled by: <ul style="list-style-type: none"> - Acetaminophen and ibuprofen - Opioid pain pills, only as needed (always take with food) <input type="checkbox"/> Begin to taper your opioid dose. <input type="checkbox"/> While you are taking opioids, keep taking the medicine prescribed for constipation (unless you have loose stools). <p>Self-Care and Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk every day, going farther each day. <input type="checkbox"/> Arm-use precautions: Until your drains are removed, move your arms gently. <ul style="list-style-type: none"> - Do not raise your arm above shoulder height on the side of your surgery. - Do not lift anything that weighs more than 8 pounds (1 gallon of water weighs almost 9 pounds). This includes children and pets. - Do not do any strenuous activity, including household chores. - Do not use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws <input type="checkbox"/> Keep following instructions in the “Stretches and Exercises” handout. <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 opioids. 	<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain controlled by acetaminophen and ibuprofen <input type="checkbox"/> Goal is to be off opioids by now <p>Self-Care and Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk every day, going farther each day. <input type="checkbox"/> Arm-use precautions: Until your drains are removed, move your arms gently. <ul style="list-style-type: none"> - Do not raise your arm above shoulder height on the side of your surgery. - Do not lift anything that weighs more than 8 pounds (1 gallon of water weighs almost 9 pounds). This includes children and pets. - Do not do any strenuous activity, including household chores. - Do not use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws <input type="checkbox"/> Keep following instructions in the “Stretches and Exercises” handout. <input type="checkbox"/> If you still have drains, empty them 2 to 3 times a day. Record amounts separately in your log. Call the 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 opioids, you can drive if you feel OK doing so and you follow your activity restrictions. 	<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain controlled by acetaminophen and ibuprofen <p>Self-Care and Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Walk every day, going farther each day. <input type="checkbox"/> Until you see a physical or occupational therapist (PT or OT), keep following instructions in the “Stretches and Exercises” handout. <input type="checkbox"/> Do not use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws. <p>When your surgeon says it is safe:</p> <ul style="list-style-type: none"> <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 the weight limits. <input type="checkbox"/> Start doing more exercise. Build slowly, let your body guide you-- if it hurts, slow down or stop!
<p>Follow-up Visits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visit with your breast surgeon and/or Advanced Practice Practitioner (APP) 1 to 2 weeks after surgery): <ul style="list-style-type: none"> - Talk about pathology report (you may receive results by phone before this visit). - Drains will be removed, if output is less than 30 ml a day (only 1 drain may be removed at your first follow-up 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. 		<p>Questions or Concerns?</p> <p>Your questions are important. Call your care team if you have questions or concerns.</p> <ul style="list-style-type: none"> • UWMC Breast Surgery Clinic - Northwest Campus: 206.668.6746 • FHCC Breast Health Clinic: 206.606.7563 <p>For urgent needs after hours: Call the paging operator at 206.598.6190. Ask to speak with the provider on call.</p>

