### 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 (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 nonsteroidal anti-inflammatory drugs (NSAIDs) or other medicines that may increase bleeding (ibuprofen, Celebrex, aspirin, and others)

**Day Before Surgery**
- Receive a call from a nurse with your arrival time
- Shower with the antibacterial soap (Hibiclens)

**Night Before Surgery**
- Do not eat anything after midnight
- You may drink clear liquids up until 2 hours before your arrival time

### Before you leave home:
- Take another shower with Hibiclens

### 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 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: Post-Op
- Wake up in the intensive care unit (ICU)
- 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 every hour
**Day 1: Intensive Care Unit**

- Nurses will check the circulation to your flaps every hour
- Nurses will carefully watch your vital signs
- Pain controlled by:
  - Local anesthetic block (placed during surgery)
  - Opioid pain medicine
  - Acetaminophen (Tylenol) and ketorolac (Toradol)
- Take stool softeners to help you have bowel movements

**Medicines and Treatments**

**Diet**

- If your flaps remain stable overnight, start drinking clear fluids this morning

**Activity**

- Spend the morning sitting up in bed
- Meet with physical therapist (PT) or occupational therapist (OT) to:
  - Learn how to roll to one side to get in and out of bed
  - Have help meeting the goal of sitting up in a chair by the end of the day
- For 4 weeks after surgery, do NOT:
  - Lift your affected arm(s) to the side more than 45 degrees (elbows no higher than your ribs)
  - Lift your affected arm(s) to the front above shoulder level
  - Reach behind your back
  - Lift anything that weighs more than 10 pounds (a gallon of water weighs almost 9 pounds)
  - Do exercise that makes you breathe hard or your heart beat faster
  - Push or pull on anything
  - Move your arm(s) very gently
  - Think “T-rex arms”

**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

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**Day 2: Plastic Surgery Unit**

**Medicines and Treatments**

**Diet**

- If your flaps are stable, start eating a normal diet
- Day 2 or 3: IV removed if you can drink enough fluids by mouth

**Activity**

- Aim to get out of bed to sit in a chair, walk to the bathroom, and walk in the hallway with PT or OT

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**Discharge (Day 3 or 4)**

**Medicines and Treatments**

**Diet**

- Normal diet

**Activity**

- 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
- Practice stairs with PT, if needed
- Nurses may help you take a shower
- You may be ready to leave the hospital if:
  - You can get out of bed by yourself
  - Your pain is under control, and you are able to get up and around OK

**Drains and Catheters**

- Foley catheter removed by now

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**Activity Guidelines**

- Meet with social worker to talk about home healthcare or a skilled nursing facility, if needed
- Training with OT on how to:
  - Shower safely
  - Do activities of daily living (ADLs)
  - Change your bandages (dressing)
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<th>Medicines</th>
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<tbody>
<tr>
<td>Pain controlled by:</td>
<td>Start taking Tamoxifen again</td>
<td>Take only Tylenol or ibuprofen for pain</td>
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<tr>
<td>- Opioid pain medicine</td>
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<tr>
<td>- Acetaminophen and ibuprofen</td>
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<tr>
<td>Start to decrease (taper) your opioid dose as you can, taking acetaminophen (Tylenol) or ibuprofen instead</td>
<td>Keep tapering opioid dose, taking Tylenol or ibuprofen instead</td>
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<tr>
<td>Keep taking stool softeners every day until you have stopped taking opioids</td>
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<td>Normal diet</td>
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<tr>
<td>Shower every day</td>
<td>Take daily walks, slowly increase how far you walk</td>
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<td>Take short walks often</td>
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<td>You may drive if you have stopped taking opioids and you feel comfortable sitting behind the steering wheel</td>
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<tr>
<td>Aim to be out of bed most of the day</td>
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<td>You may start physical therapy and massage</td>
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**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

- Visit with plastic surgeon 2 weeks after surgery:
  - Check incisions
  - Drains removed if drainage less than 30 ml in 24 hours for 2 days in a row
  - Remove Doppler wires

- Visit with plastic surgeon 6 to 7 weeks after surgery:
  - Release to return to normal activities
  - Talk about revisions, if needed