






# Mastectomy with Axillary Node Dissection CareMap

*Before, during, and after your hospital stay*

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



Week 1	Weeks 2-3	After Drains Are Removed
<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain controlled by: <ul style="list-style-type: none"> <li>- Acetaminophen and ibuprofen</li> <li>- Opioid pain pills, only as needed (always take with food)</li> <li>- Muscle relaxers (methocarbamol)</li> </ul> </li> <li><input type="checkbox"/> Begin to taper dose of opioids</li> <li><input type="checkbox"/> While you are taking opioids, keep taking the medicine prescribed for constipation (unless you have loose stools).</li> </ul> <p><b>Self-Care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk every day, going farther each day.</li> <li><input type="checkbox"/> Arm-use precautions: Until drains are removed, move your arms gently: <ul style="list-style-type: none"> <li>- Do <b>NOT</b> raise your arm above shoulder height on the side of your surgery.</li> <li>- Do <b>NOT</b> lift anything that weighs more than 8 pounds (1 gallon of water weighs almost 9 pounds). This includes children and pets.</li> <li>- Do <b>NOT</b> do any strenuous activity, including household chores.</li> <li>- Do <b>NOT</b> use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws.</li> </ul> </li> <li><input type="checkbox"/> Keep following instructions in the “Stretches and Exercises” handout.</li> <li><input type="checkbox"/> Empty each drain 2 to 3 times a day. Record each drain amount separately in your log. Always bring your log with you to your clinic visit.</li> <li><input type="checkbox"/> Do <b>NOT</b> drive while taking opioids.</li> </ul> 	<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain controlled by acetaminophen, ibuprofen, and muscle relaxers</li> <li><input type="checkbox"/> Goal is to be off opioids by now</li> </ul> <p><b>Self-Care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk every day, going farther each day.</li> <li><input type="checkbox"/> Arm-use precautions: Until drains are removed, move your arms gently: <ul style="list-style-type: none"> <li>- Do <b>NOT</b> raise your arm above shoulder height on the side of your surgery.</li> <li>- Do <b>NOT</b> lift anything that weighs more than 8 pounds (1 gallon of water weighs almost 9 pounds). This includes children and pets.</li> <li>- Do <b>NOT</b> do any strenuous activity, including household chores.</li> <li>- Do <b>NOT</b> use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws.</li> </ul> </li> <li><input type="checkbox"/> Keep following instructions in the “Stretches and Exercises” handout.</li> <li><input type="checkbox"/> If you still have drains, empty each of them 2 to 3 times a day, record each amount separately in your log. Call the clinic to have a drain removed when output for that drain is less than 30 ml in 24 hours for 2 days in a row.</li> <li><input type="checkbox"/> If you have stopped taking opioids, you can drive if you feel OK doing so and you follow your activity restrictions.</li> </ul>  	<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain controlled by acetaminophen and ibuprofen</li> </ul> <p><b>Self-Care and Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk every day, going farther each day.</li> <li><input type="checkbox"/> Until you see a physical or occupational therapist (PT or OT), keep following instructions in the “Stretches and Exercises” handout.</li> <li><input type="checkbox"/> Do <b>NOT</b> use the arm on the side of your surgery for blood pressure checks, IV placements, or blood draws.</li> </ul> <p><b>When your surgeon says it is safe:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You may start PT/OT and massage 1 week after your last drain is removed.</li> <li><input type="checkbox"/> Start using your arms more fully. Drop weight limits.</li> <li><input type="checkbox"/> Start doing more exercise. Build slowly. Let your body guide you. If an activity causes pain, slow down or stop!</li> </ul>
<p><b>Follow-up Visits</b></p> <ul style="list-style-type: none"> <li><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"> <li>- Talk about pathology report (you may receive results by phone before this visit)</li> <li>- Drains are removed, if output is less than 30 ml a day (only 1 drain may be removed at your first follow-up visit)</li> <li>- If needed, talk about seeing medical or radiation oncologist for more treatment</li> <li>- Receive prescription for physical therapy (PT) or occupational therapy (OT), but do <b>not</b> use it until at least 1 week after all drains are removed</li> </ul> </li> </ul> 	<p><b>Questions or Concerns?</b></p> <p>Your questions are important. Call your care team if you have questions or concerns.</p>  <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>UWMC Breast Surgery Clinic - Northwest Campus: 206.668.6746</b></li> <li><input type="checkbox"/> <b>FHCC Breast Health Clinic: 206.606.7563</b></li> <li><input type="checkbox"/> <b>For urgent needs after hours:</b> Call the paging operator at 206.598.6190. Ask to speak with the provider on call.</li> </ul>	