









Mastectomy with 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 our care team. We may want to adjust your doses around the time of the surgery. <input type="checkbox"/> Stop taking all supplements. This includes any vitamins, minerals, and herbs. <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>Day Before</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>Before Surgery</p> <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 the Surgery Registration Desk at or before your 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 <i>intravenous</i> (IV) line to give you medicines and fluid. <input type="checkbox"/> We may 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 that you can ask questions and sign a 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. 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 more than 8 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. <ul style="list-style-type: none"> <input type="checkbox"/> Eat a normal healthy 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>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 other medicines do not help your pain (always take with food) - Muscle relaxers (methocarbamol) <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, you may lightly cover the site with gauze and tape. For more details, see 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 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 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). <input type="checkbox"/> 48 hours after surgery: 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. 

Week 1	Weeks 2-3	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) - Muscle relaxers (methocarbamol) <input type="checkbox"/> Begin to taper dose of opioids <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 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 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. <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, ibuprofen, and muscle relaxers <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 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 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. <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 PT/OT and massage 1 week after your last drain is removed. <input type="checkbox"/> Start using your arms more fully. Drop weight limits. <input type="checkbox"/> Start doing more exercise. Build slowly. Let your body guide you. If an activity causes pain, 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 are 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 (PT) or occupational therapy (OT), 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"> <input type="checkbox"/> UWMC Breast Surgery Clinic - Northwest Campus: 206.668.6746 <input type="checkbox"/> FHCC Breast Health Clinic: 206.606.7563 <input type="checkbox"/> For urgent needs after hours: Call the paging operator at 206.598.6190. Ask to speak with the provider on call.