







# Mastectomy CareMap

Before, during, and after your hospital stay

- May include axillary sentinel node
- Without reconstruction
- Without axillary node dissection

Before Surgery	Day of Surgery	Going Home
<p><b>7 Days Before</b></p> <ul style="list-style-type: none"> <li>• Plan your ride to the hospital and back home.</li> <li>• If you usually take blood thinners, let us know. We may need to adjust your doses.</li> <li>• Stop taking all supplements. This includes any vitamins, minerals, and herbs you take.</li> <li>• Staff will give you instructions regarding any daily medications you take.</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 scheduled arrival time.</li> <li>• A nurse will call you to come into the pre-op area.</li> <li>• We will start an IV for your medicines and fluid.</li> <li>• We will 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 surgeon, so you can ask questions and sign a consent form</li> <li>– Nurses, to review your health history</li> </ul> </li> <li>• An anesthesiologist will take you to the operating room (OR)</li> </ul> <p></p> <p></p>	<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></p> <p><b>Medications</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, as needed (always take with food)</li> <li>– Muscle relaxants (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></p> <p><b>Diet</b></p> <ul style="list-style-type: none"> <li>• Eat your usual foods.</li> <li>• Drink plenty of water to stay hydrated.</li> </ul> <p></p> <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>• Walk at least 4 times a day. Start with short walks about 10 - 15 minutes long.</li> <li>• Do <b>NOT</b> drive while you are taking opioids.</li> <li>• Keep the drain site clean. If you wish, you may lightly cover the site with gauze and tape. Follow any other instructions we gave you about drain care while you were in the hospital.</li> <li>• Empty each drain 2 to 3 times a day. Log each amount separately. Read "Caring for Your JP Drains" handout for more instructions.</li> <li>• Read the handout "Stretches and Exercises." Move your arms gently. Follow arm-use precautions until drains are removed (see "Self-care and Activity" under Day 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>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>Day Before</b></p> <ul style="list-style-type: none"> <li>• You will receive a call from the hospital with your arrival 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.</li> <li>• Read your surgery education about how to prepare for surgery.</li> </ul>	<p><b>Self-Care and Activity</b></p> <ul style="list-style-type: none"> <li>• Move your arms gently until your drains are removed. <ul style="list-style-type: none"> <li>– Do <b>NOT</b> raise your surgery-side arm above shoulder height</li> <li>– Do <b>NOT</b> lift anything that weighs more than 8 pounds, including children and pets. (1 gallon of water weighs more than 8 pounds).</li> <li>– Do <b>NOT</b> do any strenuous activity, including household chores</li> </ul> </li> <li>• Empty each drain 2 - 3 times a day. Record each drain amount in your log.</li> <li>• Keep all dressings clean and dry.</li> <li>• Eat a normal healthy diet, as you can.</li> <li>• Start walking on the night of surgery.</li> </ul> <p></p>	

Week 1	Weeks 2-3	After Drains Are Removed
<p><b>48 Hours After Surgery</b> If you have dressings, remove the outer bandages from your breast and armpit. <b>Leave the white Steri-Strips in place</b>, then shower. Pat the Steri-Strips dry.</p> <hr/> <p><b>Medicines</b></p> <ul style="list-style-type: none"> <li>• 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 relaxants (methocarbamol)</li> </ul> </li> <li>• Begin to taper dose of opioids.</li> <li>• While you are taking opioids, keep taking the medicine prescribed for constipation (unless you have loose stools).</li> </ul> <hr/> <p><b>Self-Care and Activity</b></p> <ul style="list-style-type: none"> <li>• Walk every day, going farther each day.</li> <li>• <b>Until drains are removed</b>, 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> </ul> </li> <li>• 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>• Keep following instructions in the “Stretches and Exercises” handout.</li> <li>• Do <b>NOT</b> drive while taking opioids.</li> </ul>	<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li>• Pain controlled by acetaminophen and ibuprofen</li> <li>• Goal is to be off opioids by now</li> <li>• Muscle relaxant as needed</li> </ul> <hr/> <p><b>Self-Care and Activity</b></p> <ul style="list-style-type: none"> <li>• Walk every day, going farther each day.</li> <li>• Keep following instructions in the “Stretches and Exercises” handout.</li> <li>• <b>Until drains are removed</b>, 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 over 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> </ul> </li> <li>• If you still have drains, empty each of them 2 - 3 times a day, and record each amount separately in your log. Call the clinic to have a drain removed when output is low enough (ask your care team for details).</li> <li>• 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>• Pain controlled by acetaminophen and ibuprofen</li> </ul> <hr/> <p><b>Self-Care and Activity</b></p> <ul style="list-style-type: none"> <li>• Walk every day, going farther each day.</li> <li>• Until you see a physical or occupational therapist (PT or OT), keep following instructions in the “Stretches and Exercises” handout.</li> </ul> <hr/> <p><b>When your surgeon says it is safe:</b></p> <ul style="list-style-type: none"> <li>• You may start PT/OT and massage</li> <li>• Start doing more exercise. Build slowly. Let your body guide you. If an activity causes pain, slow down or stop!</li> <li>• Start using your arms more fully. Drop weight limits.</li> </ul>
Follow-Up Visits	Questions or Concerns?	
<p>Visit with breast surgeon and/or Advanced Practice Practitioner (APP) 1 - 2 weeks after surgery:</p> <ul style="list-style-type: none"> <li>• Talk about pathology report (you may get results by phone before first visit)</li> <li>• Drains are removed when output is low enough.</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).</li> </ul>	<p>Your questions are important. Call or message your care team if you have questions or concerns.</p> <ul style="list-style-type: none"> <li>• <b>FHCC Breast Health Clinic:</b> 206.606.7563</li> <li>• <b>UWMC Breast Clinic – Northwest Campus:</b> 206.668.6746</li> </ul> <p><b>For urgent needs after hours:</b> Call the hospital operator at 206.598.6190. Ask to speak with the provider on call.</p>	