# Mastectomy with Tissue Expander CareMap

## Before, during, and after your hospital stay

<table>
<thead>
<tr>
<th>Before Surgery</th>
<th>Day of Surgery</th>
<th>Discharge or Day 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7 Days Before</strong>&lt;br&gt;☑ Plan for your ride to the hospital and back home.&lt;br&gt;☑ If you usually take blood thinners such as Lovenox or Coumadin, talk with your care team. We may want to adjust your doses around the time of your surgery.&lt;br&gt;☑ Stop taking all supplements and vitamins.&lt;br&gt;☑ Pre-Anesthesia staff will tell you what medicines to take on the morning of your surgery.</td>
<td><strong>At Home</strong>&lt;br&gt;☑ Take a 2nd shower with the antibacterial soap, as prescribed.&lt;br&gt;<strong>At the Hospital</strong>&lt;br&gt;☑ Check in at Surgery Registration at or before your scheduled arrival time.&lt;br&gt;☑ A nurse will call you to come into the pre-op area.&lt;br&gt;☑ We will start an intravenous (IV) line to give you medicines and fluid.&lt;br&gt;☑ We will check your blood sugar.&lt;br&gt;☑ You will meet with:&lt;br&gt;- An anesthesiologist to talk about anesthesia&lt;br&gt;- A member of the surgery team so that you can ask questions and sign a consent form (if not already signed)&lt;br&gt;- Nurses to review your health history&lt;br&gt;☑ A member of the anesthesia team will take you to operating room (OR).</td>
<td>☑ Once your pain is under control, you will be discharged from the hospital. This could be the same day as surgery or the next morning.&lt;br&gt;☑ Your follow-up visit with your surgical team will be set up before you leave the hospital.</td>
</tr>
<tr>
<td><strong>2 Days Before</strong>&lt;br&gt;☑ Stop shaving near the surgery site.</td>
<td><strong>After Surgery</strong>&lt;br&gt;☑ You will wake up in the recovery room.&lt;br&gt;☑ You will:&lt;br&gt;- Have drains in the surgery area to remove fluid&lt;br&gt;- Receive pain medicine by IV or by mouth, and anti-nausea medicine as needed</td>
<td><strong>Medicines</strong>&lt;br&gt;☑ Your pain will be controlled by:&lt;br&gt;- Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin)&lt;br&gt;- Muscle relaxants&lt;br&gt;- Opioid pain pills, if needed (always take with food)&lt;br&gt;☑ While you are taking opioids, also take the medicine prescribed for constipation (unless you have loose stools).</td>
</tr>
<tr>
<td><strong>Day Before</strong>&lt;br&gt;☑ You will receive a call from the hospital with your arrival time.&lt;br&gt;☑ Take a shower with the antibacterial soap, as prescribed.&lt;br&gt;☑ Do NOT eat any food or drink alcohol after midnight.</td>
<td><strong>Self-care and Activity</strong>&lt;br&gt;☐ Arm-use precautions: For 4 weeks, move your arms gently:&lt;br&gt;- Do NOT raise your arm above shoulder height on the side of surgery.&lt;br&gt;- Do NOT lift anything that weighs more than 8 pounds (1 gallon of water weighs more than 8 pounds). This includes children and pets.&lt;br&gt;- Do NOT vacuum or do laundry or other chores.&lt;br&gt;☑ Empty each drain 2 to 3 times a day. Record each drain amount separately in your log.&lt;br&gt;☑ Keep all dressings clean and dry.&lt;br&gt;☑ Eat a normal diet, as you can.&lt;br&gt;☑ Walk starting the night of surgery.</td>
<td><strong>Diet</strong>&lt;br&gt;☑ Eat your usual healthy diet.&lt;br&gt;☑ Drink lots of water to stay hydrated.</td>
</tr>
</tbody>
</table>

## Medicines
- Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin)
- Muscle relaxants
- Opioid pain pills, if needed (always take with food)
- While you are taking opioids, also take the medicine prescribed for constipation (unless you have loose stools).

## Diet
- Eat your usual healthy diet.
- Drink lots of water to stay hydrated.

## Self-care and Activity
- If you have dressings, leave them in place.
- Keep the drain site clean. If you wish, you may lightly cover the site with gauze and tape. Follow any other instructions you were given about drain care while you were in the hospital.
- Walk at least 4 times a day. Start with short walks about 10 to 15 minutes long.
- Do not drive while you are taking opioids.
- Empty each drain 2 to 3 times a day. Log each amount separately.
- Follow arm-use precautions for 4 weeks. See “Self-care and Activity” under Day of Surgery column.
- Read the handout “Stretches and Exercises.” Move your arms gently.

## Day 2: At Home
- Continue all medicines, diet, and self-care/activity from Day 1.
- 48 hours after surgery: If you have dressings, remove the outer bandages from breast and armpit, but leave the white Steri-strips in place. You may then shower every day. Pat the Steri-strips dry.

---

**Before your surgery:**
- Plan for your ride to the hospital and back home.
- If you usually take blood thinners such as Lovenox or Coumadin, talk with your care team. We may want to adjust your doses around the time of your surgery.
- Stop taking all supplements and vitamins.
- Pre-Anesthesia staff will tell you what medicines to take on the morning of your surgery.

**During your surgery:**
- You will receive a call from the hospital with your arrival time.
- Take a shower with the antibacterial soap, as prescribed.
- Do NOT eat any food or drink alcohol after midnight.

**At the hospital:**
- Check in at Surgery Registration at or before your scheduled arrival time.
- A nurse will call you to come into the pre-op area.
- We will start an intravenous (IV) line to give you medicines and fluid.
- We will check your blood sugar.
- You will meet with:
  - 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
- A member of the anesthesia team will take you to operating room (OR).

**After surgery:**
- You will wake up in the recovery room.
- You will:
  - Have drains in the surgery area to remove fluid
  - Receive pain medicine by IV or by mouth, and anti-nausea medicine as needed

**Self-care and Activity:**
- Arm-use precautions: For 4 weeks, move your arms gently:
  - Do NOT raise your arm above shoulder height on the side of 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 vacuum or do laundry or other chores.
- Empty each drain 2 to 3 times a day. Record each drain amount separately in your log.
- Keep all dressings clean and dry.
- Eat a normal diet, as you can.
- Walk starting the night of surgery.
### Week 1

<table>
<thead>
<tr>
<th>Medicines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain controlled by:</td>
</tr>
<tr>
<td>- Acetaminophen, ibuprofen, and muscle relaxants.</td>
</tr>
<tr>
<td>- Opioid pain pills, only as needed (always take with food).</td>
</tr>
<tr>
<td>Begin to taper your opioid dose.</td>
</tr>
<tr>
<td>While you are taking opioids, keep taking the medicine prescribed for constipation (unless you have loose stools).</td>
</tr>
<tr>
<td>Take antibiotics as prescribed to reduce infection risk.</td>
</tr>
</tbody>
</table>

### Self-care and Activity

- Walk every day, going farther each day.

### Follow-up Visits

Visit with your plastic surgeon or a Advanced Practice Practitioner (APP) 1 to 2 weeks after surgery:

- Talk about your pathology report. (You may receive results by phone before this visit.)
- Drains are removed, if output less than 20 mL a day.
- If needed, talk about seeing a medical or radiation oncologist for more treatment.
- Receive a prescription for physical therapy (PT) or occupational therapy (OT), but do not use it until 4 weeks after surgery.

### Weeks 2 and 3

<table>
<thead>
<tr>
<th>Medicines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain controlled by Acetaminophen, ibuprofen, and muscle relaxants as needed.</td>
</tr>
<tr>
<td>Goal is to be off opioids by now.</td>
</tr>
<tr>
<td>Keep taking antibiotics, if you still have a drain in place.</td>
</tr>
</tbody>
</table>

### Self-care and Activity

- Walk every day, going farther each day.

### Follow-up Visits

Visit with your plastic surgeon or APP 3 weeks after surgery:

- We will remove any remaining drains, if output less than 20 mL a day.
- A follow-up visit with plastic surgery will be set up by your Patient Care Coordinator. To confirm or schedule your appointment, call the UWMC Plastic Surgery Clinic at 206.598.1217.

### Week 4

<table>
<thead>
<tr>
<th>Medicines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain controlled by Acetaminophen, ibuprofen, and muscle relaxants as needed.</td>
</tr>
<tr>
<td>May need muscle relaxants for only 1 to 2 days after tissue expansion.</td>
</tr>
</tbody>
</table>

### Self-care and Activity

- Walk every day, going farther each day.

### Follow-up Visits

Visit plastic surgeon’s office for tissue expansion:

- If your incisions are healed well enough, we will start your tissue expansion.

### Week 5

<table>
<thead>
<tr>
<th>Medicines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain controlled by Acetaminophen, ibuprofen, and muscle relaxants as needed.</td>
</tr>
</tbody>
</table>

### Self-care and Activity

When your surgeon says it is safe:

- You may start PT, OT, and massage.
- Start using your arms more fully. Drop weight limits.
- Start doing more exercise, build slowly, let your body guide you – if it hurts, slow down or stop!

### Follow-up Visits

Visit plastic surgeon’s office for tissue expansion:

- If your incisions are healed well enough, we will start your tissue expansion.

### Questions or Concerns?

Your questions are important. Call your care team if you have questions or concerns.

- SCCA Breast Health Clinic: 206.606.7563
- UWMC Breast Clinic Northwest Campus: 206.668.6746

For urgent needs after hours: Call your clinic any time of the day or night. Ask to speak with the provider on call.