








Mastectomy with Tissue Expander 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 your care team. We may want to adjust your doses around the time of your surgery. <input type="checkbox"/> Stop taking NSAIDs (like ibuprofen and aspirin). <input type="checkbox"/> Stop taking all supplements. This includes any vitamins, minerals, and herbs you take. <input type="checkbox"/> Nursing staff will tell you what medicines to take on the morning of your 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 arrival time. <input type="checkbox"/> Take a shower with the antibacterial soap, as instructed. <input type="checkbox"/> Do NOT eat any food or drink alcohol after midnight. 	<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 Surgery Registration at or before your scheduled arrival time. <input type="checkbox"/> A nurse will call you to come into the pre-op area. <input type="checkbox"/> We will start an intravenous (IV) line to give you medicines and fluid.  <input type="checkbox"/> We will 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. <input type="checkbox"/> You will: <ul style="list-style-type: none"> - Have drains in the surgery area to remove fluid - 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: For 4 weeks, move your arms gently: <ul style="list-style-type: none"> - Do NOT raise your arm above shoulder height on the surgery side. - 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. <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.  <input type="checkbox"/> Eat a normal diet, as you can. <input type="checkbox"/> Walk starting the night of surgery. 	<p>Going Home</p> <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 post-op 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 ibuprofen (Advil, Motrin) - Muscle relaxants (methocarbamol) - Opioid pain pills, if needed (always take with food) <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 diet. <input type="checkbox"/> Drink lots 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. Follow any other instructions you were given about drain care while you were in the hospital. <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"/> Empty each drain 2 to 3 times a day. Log each amount separately. Call clinic when output is less than 20 ml in 24 hours for 2 days in a row. They will tell you next steps for drain removal. <input type="checkbox"/> Follow arm-use precautions for 4 weeks. See “Self-Care and Activity” under Day of Surgery column. <input type="checkbox"/> Read handout “Stretches and Exercises.” Move your arms gently. <input type="checkbox"/> 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.

Week 1	Weeks 2 and 3	Week 4
<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain controlled by: <ul style="list-style-type: none"> - Acetaminophen, ibuprofen, and muscle relaxants. - Opioid pain pills, only as needed (always take with food). <input type="checkbox"/> Begin to taper your opioid dose. <input type="checkbox"/> While you are taking opioids, keep taking the medicine prescribed for constipation (unless you have loose stools). <input type="checkbox"/> Take antibiotics as prescribed to prevent infection. <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"/> For 4 weeks, move your arms gently: <ul style="list-style-type: none"> - 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 do any strenuous activity, including household chores. <input type="checkbox"/> Keep following instructions in the “Stretches and Exercises” handout. <input type="checkbox"/> Empty drains 2 to 3 times a day and record amounts in your log. Always bring the log with you to your clinic visit. <input type="checkbox"/> Do not drive while taking opioids. <p>Follow-up Visits</p> <p>Visit with your breast surgeon or Advanced Practice Practitioner (APP) 1 to 2 weeks after surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Talk about your pathology report. (You may receive results by phone before this visit.) <input type="checkbox"/> Drains are removed after 1 week, if output is less than 20 mL a day for 2 days in a row. <input type="checkbox"/> If needed, talk about seeing a medical or radiation oncologist for more treatment. <input type="checkbox"/> Receive a prescription for physical therapy (PT) or occupational therapy (OT), but do not use it until 4 weeks after surgery. 	<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain controlled by acetaminophen, ibuprofen, and muscle relaxants as needed. <input type="checkbox"/> Goal is to be off opioids by now. <input type="checkbox"/> Keep taking antibiotics, if you still have a drain in place.  <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"/> For 4 weeks, move your arms gently: <ul style="list-style-type: none"> - 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 about 8 pounds.) This includes children and pets. - Do NOT do any strenuous activity, including household chores. <input type="checkbox"/> Keep following instructions in the “Stretches and Exercises” handout. <input type="checkbox"/> If you still have drains, empty them 2 to 3 times a day, record amounts in your log. Call clinic to have them removed when output is less than 20 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. Be sure to follow your arm-use precautions. <p>Follow-up Visits</p> <p>Visit with your plastic surgeon or APP 3 weeks after surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> If your incisions are healed well enough, we will start your tissue expansion. <input type="checkbox"/> We will remove any remaining drains, if output is less than 20 mL a day. <input type="checkbox"/> 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. 	<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain controlled by acetaminophen, ibuprofen, and muscle relaxants as needed. <input type="checkbox"/> May need muscle relaxants for only 1 to 2 days after tissue expansion.  <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"/> For 4 weeks, move your arms gently: <ul style="list-style-type: none"> - 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 do strenuous activity, including household chores. <input type="checkbox"/> Until your PT or OT visit, keep following instructions in the “Stretches and Exercises” handout.
Week 5		
<p>Self-Care and Activity</p> <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. <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 it hurts, slow down or stop! <p>Follow-up Visits with Plastic Surgeon</p> <ul style="list-style-type: none"> <input type="checkbox"/> If drains are still in place after 5 weeks, contact the plastic surgeon’s office. <input type="checkbox"/> If your incisions are healed well enough, we will start your tissue expansion. This will be every 2 weeks, or more often if radiation is planned for shortly after surgery. <p>Questions or Concerns?</p> <p>Your questions are important. Call or message your care team if you have questions or concerns.</p> <ul style="list-style-type: none"> • FHCC Breast Health Clinic: 206.606.7563 • UWMC Breast Surgery Clinic Northwest Campus: 206.668.6746 • UWMC Center for Reconstructive Surgery: 206.598.1217 <p>For urgent needs after hours: Call the paging operator at 206.598.6190. Ask to speak with the provider on call.</p>		