

Procedure: Mastectomy Instructions

Surgery Information:

1. Please stop all vitamins, supplements, and herbal medications one week before surgery, your surgeon will review any other medications that need to be stopped before surgery
2. Surgery will take about 2.5 hours
3. Surgery will be at Aspirus Wausau Hospital
4. You will have General Anesthesia
5. You will likely go home 24 hours after your surgery, but may stay longer if needed
6. If you are sensitive to tape, please tell your check-in nurse on your day of surgery
7. You will need an appointment with us about 1 week after your surgery for an incision check unless you had reconstruction (then your post-operative appt. will be with your Plastic Surgeon)
Follow up appt: _____
8. We will call you typically within 3 business days with final pathology results
9. Please remember to wear the binder the you were given at all times (unless showering) until two weeks after your last drain is removed– the binder can be washed and hung to dry if needed. If your binder is itchy you can try wearing a T-shirt/tank top underneath or use an ACE wrap for gentle compression. AVOID more than slight pressure.

Restrictions:

1. No lifting more than 15lbs. for 2 weeks after the last drain is removed
2. You will be given arm exercises by occupational therapy before you leave the hospital. It is important that you follow the instructions you are given
3. No pushing, pulling, or stretching overhead for 2 weeks after the last drain is removed. Also, please do not do any activities where there is a lot of bouncing (lawn mowing, horse-back riding, ect) or potential for direct impact/injury to the chest area
4. Please do not take a bath/hot tub, go swimming, or submerge in any water for 2 weeks after the last drain is removed
5. You can shower 48 hours after surgery
6. No driving for 2 weeks after surgery – you may then drive if you feel you have regained your normal range of motion and strength, and if you are no longer taking narcotic pain medications
7. There are no walking restrictions
8. DO NOT use an arm sling

Work:

1. If you have a desk job you will likely require at least 2 weeks off work
2. If you have a physical job you will require about 6 weeks off of work – please talk to us about this before surgery
3. If you have questions about FMLA paper work, please contact Theresa Napiwocki at (715)847-2022, option 6

Incision care:

1. Under the gauze dressing, you may find several paper tape Steri-Strips. Do not remove them. If you believe the Steri-Strips are causing skin irritation please call us
2. Please let the Steri-Strips that are over your incision fall off on their own

3. Please do not put any creams, ointments, or antibiotic creams on the incision
4. Clean your incision as instructed with hydrogen peroxide
5. Keep your incisions covered with gauze pads under your binder

Drain Care:

1. You will have at least one drain, the nursing staff in the hospital will show you how to care for it
2. Wash your hands before handling the drain
3. Clean around your drain site with hydrogen peroxide as directed
4. Strip the tubing twice daily
5. Empty the bulb twice daily at the same time, measure the fluid, and record it (this should be decreasing over time)
6. Keep a daily record of the fluid in each drain, we want a separate total for each drain
7. When the drainage is less than 20 mL per day for 3 days in a row (each drain is separate), please call and make an appointment for your drain to be removed.
8. The color will change from blood (in hospital) – to cool-aide – to apple juice over time

When to call us...

- **If your drain comes out (this is unlikely because there is a stitch holding it in place), put a gauze over the hole and call us during business hours or in the morning**
- **If the drain is leaking around the insertion site it is likely clogged – try stripping the drain. If this doesn't work put a gauze around the insertion site and call us during business hours or in the morning**
- **If the drainage color suddenly becomes bloody call right away**

Pain:

1. You may take over the counter pain relievers as directed on the bottle. Do not take these if you have been instructed not to by another doctor
2. You will be given a prescription for pain medication by your surgeon for more severe pain if you need it and if the over the counter medications are not helping

Specialized Bra and Prostheses:

- **You will be given a prescription for post-mastectomy supplies when your last drain is removed**
- **Fitting generally will take place about 6 weeks after your surgery**

Pink Ribbon Mastectomy Boutique. A full service, post mastectomy boutique devoted to helping women who have had breast cancer surgery. A professional staff of American Board for Certification certified mastectomy and lymphedema fitters aim to help women with personal consultation and custom fitting for specialized bras, wigs, and prostheses. They also provide a selection of breast cancer preparation and recovery products.

<http://pinkribbonmastectomyboutique.com/>

If you think you may need extra help after surgery please let us know:

- **Extra help can be arranged before surgery or in the hospital before you go home**

Please call us at (715) 847-2022 if you have...

- **Uncontrolled or severe pain**

- **Increasing swelling**
- **Intense warmth and/or redness on the skin**
- **Drainage or bleeding that is soaking through your bandage. If you bleed bright red blood hold clean gauze and pressure over the wound and call immediately. It is normal to have a small amount of dark or dried blood on the dressing or steri strips**
- **Fever of 100.4 degrees or higher**

***If you experience any chest pain, shortness of breath, or pain to your lower legs/calf muscles please go directly to the Emergency Room**