

MASTECTOMY WITH RECONSTRUCTION

Pre-Operative Instructions

Help us keep you safe during your surgery by telling us if any of the following apply to you:

- I take a blood thinner. Some examples include aspirin, heparin, warfarin (Coumadin), clopidogrel (Plavix), enoxaparin (Lovenox), dabigatran (Pradaxa), apixaban (Eliquis), and rivaroxaban (Xarelto).
- I take immunosuppressant medication.
- I take weight loss medication.
- I have a pacemaker, automatic implantable cardioverter-defibrillator, or other heart device.
- I have sleep apnea.
- I have had a problem with anesthesia in the past.
- I am allergic to certain medications or materials, including latex.

When to stop medications, herbal remedies, vitamins, and other dietary supplements:

- 7 days prior to surgery: Stop vitamins, herbal remedies, dietary supplements, and weekly dosed weight loss/diabetic GLP1 medications like Ozempic, Trulicity and others.
- 5 days prior to surgery: Stop Fenfluramine/Phentermine (Fen-Phen).
- 3 days prior to surgery: Stop taking NSAIDs such as ibuprofen (Advil, Motrin) and naproxen (Aleve) as well as daily dosed SGLT2 diabetic medication like Jardiance and others.
- Your surgeon will discuss when to stop blood thinners.
- Anesthesia will discuss all other medications when they call the day before your surgery.

When to stop eating and drinking before surgery:

- Do not eat any food after **midnight** the night before your surgery including gum, mints, or candy.
- Do not use any tobacco products after **midnight** the night before your surgery.
- You can drink clear liquids up to **4 hours** before your surgery. Examples of clear liquids include water, apple juice, black coffee (without cream or sweetener) and tea (without cream or sweetener).

Your surgery will be cancelled if these instructions are not followed.

Pre-operative checklist:

- ✓ Arrange for a responsible adult to take you home and be with you for 24 hours after outpatient surgery.
- ✓ Complete the pre-registration for your surgery facility.
- ✓ Refer to your **Surgery Itinerary** for check-in time and location of your surgery.
- ✓ Wear comfortable, loose-fitting clothing on the day of surgery.
- ✓ Fill your post operative prescription faxed to your pharmacy.
- ✓ Please leave valuables and all jewelry, if possible, at home.

Post-Operative Instructions

Diet

For the first few days after your surgery, you should eat foods that you easily tolerate and be sure to drink plenty of clear liquids to stay well hydrated. You may then advance to your normal diet as tolerated.

Medications

Pain management is an important part of your post-surgery care. You should expect some discomfort after your surgery. It is important to take pain medication prior to your pain becoming intense in severity.

In addition to narcotic pain medications, you may take ibuprofen (Advil or Motrin) 200-800 mg every 6-8 hours to help with pain control provided you do not have peptic ulcer disease or another medical condition that makes NSAIDs unsafe. Do not exceed 3200 mg in a 24-hour period. You may stagger your narcotic pain medication and ibuprofen every 3 hours or take them together every 6 hours.

Mild swelling is normal following surgery. To help decrease inflammation and discomfort you should apply ice packs to the surgery area for the first 24-72 hours after your surgery and then as needed. Apply the ice pack for 20 minutes every 2 hours as you can throughout the day.

It is normal to experience burning, tingling, numbness, or soreness in your breast as your nerves regenerate. If you had lymph node surgery, it is also normal to experience this in your armpit and/or on the back of your arm and sometimes to your fingers. This will dissipate over the next few months. In the meantime, you can use NSAIDs, heat and ice as needed to help with the discomfort.

Some side-effects from narcotic pain medication include nausea/vomiting and constipation. If you experience these, you should stop the medication and take ibuprofen or acetaminophen for pain management.

If you experience any nausea, try using Sea Bands (available in pharmacy departments or online). This is a drug-free method that works to treat nausea by using a pressure point on your inner arm. Please refer to ***Acupressure for Nausea and Vomiting*** in the ***Resources*** section on our website for more information.

While on narcotic pain medications, you should be taking docusate sodium (Colace) 100 mg twice a day with good fluid intake. If you do not have a bowel movement after 3 days, take MiraLAX morning and night until you have a bowel movement. If no results, please contact our office.

You may resume your previous medications, vitamins and herbal remedies unless instructed otherwise.

Dressing/Drain Care and Showering

Leave your dressings in place until your first office visit with your plastic surgeon. If your dressing becomes extremely soiled, or loosens and comes off prior to your first office visit, please contact the plastic surgeon's office.

You will have drains in place after surgery that you will empty and record the output. Do not shower while the drains are in place. The drains are managed closely by your plastic surgeon, please contact their office with questions or concerns.

Activity Restrictions

Your plastic surgeon should advise you regarding your activity restrictions.

If you had lymph nodes removed, please visit ***Breast Cancer-Related Lymphedema*** in the ***Resources*** section on our website.

Pathology Results

The pathology results should be available within five working days after your surgery. We will notify you once they come in. If you have not heard from us within 5 business days of your surgery, please call us. We will leave a voicemail with your path report if you do not pick up. You will discuss your report with your doctor in more depth at your follow up appointment.

Follow-up Appointments

Please call 541-735-3778 to schedule your 4-week post-op appointment with your surgeon.

If this surgery is pertaining to a breast cancer diagnosis, a referral has already been sent to an oncologist. If their office (e.g., Willamette Valley Cancer Institute, Steelhead Oncology, Bay Area Cancer) has not already contacted you, please call them to arrange your follow up.

Things to Watch For

1. Chest pain or difficulty breathing.
2. Dressings saturated with blood.
3. Severe swelling or bruising.
4. Fever greater than 101.0.
5. Uncontrolled pain.
6. Nausea and/or vomiting that continues for 12-24 hours.
7. Diarrhea that continues for 12-48 hours.
8. Signs of a wound infection: increased swelling, redness, pain, drainage and/or odor.
9. Significant drainage leaking around the drain.
10. Pain or swelling in your calf.

If you feel you are having a life-threatening emergency, please call 911.

If you need to contact us, call 541-735-3778. We check messages throughout the day. Please keep your messages brief and know that we will answer you as soon as possible. There is no need to leave the same message multiple times as this will only slow down our ability to respond to you. The office is open 9:00 am to 5:00 pm Monday through Friday. For urgent needs after office hours, call 541-222-9911 to speak with our surgeons.

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