

Name: **Another Example**

Date of Birth: **01/01/1983**

## **Breast Team Mastectomy with Reconstruction**

### **Post-Surgery Guide**

The following information is intended to guide you through your post-op recovery:

#### **Diet:**

- For the first few days after your surgery you should eat foods that you easily tolerate normally.

#### **Medications/Pain Management:**

- Follow the directions on any new prescriptions that your doctor has given you. You will be instructed prior to your discharge about what daily medications you will need to take when you return home.
- Pain management is an important part of your post-surgery care. You should expect some discomfort after your surgery. You may be sent home with a prescription for pain medication. It is important to take your pain medicine prior to your pain becoming intense in severity.
- PLEASE NOTE: Pain management and medication refill requests should be requested through your Plastic Surgeon's office.
- Some side-effects from narcotic pain medication include nausea/vomiting and constipation. If you experience nausea/vomiting or constipation related to your pain medications, you should stop the medication and take ibuprofen or acetaminophen for pain management.

#### **Bowel Care:**

- While on narcotic pain medications, you should be taking Colace (docusate sodium) 100mg twice daily. If you do not have a bowel movement after 3 days, take Milk of Magnesia - one dose every 8 hours for 3 doses. If that does not work, you should call our office for other suggestions.
- You should ambulate as much as you are able and drink 8 glasses of water per day to help facilitate bowel movements.
- You need to call the office for further evaluation if you experience watery, foul, frequent diarrhea.

#### **Incision/Drain Care:**

- You will have several drains in place after your surgery. You will need to empty the bulbs at least twice a day and keep a record of the output for each drain.
- Decisions regarding removal of the drain tubes are made by the Plastic Surgeon, who will see you first postoperatively. Please contact their office with questions regarding dressings or drain removal.
- Once your dressings are removed you must observe your incision daily for signs or symptoms of infection. These signs would include: increased swelling, redness, pain, or smelly wound drainage. It is normal to have some swelling and bruising around your incision.

#### **Physical Activity:**

- Your Plastic Surgeon should advise you regarding your activity level.

#### **Bathing and Showering:**

- Please check with your Plastic Surgeon regarding when you may shower. Typically, you are NOT allowed to shower with the drains in place.

#### **Driving:**

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- You may drive when you no longer are taking narcotic pain medication and you feel you can quickly respond to situations in order to not place others in jeopardy.

### **Return to work:**

- Your Plastic Surgeon should inform you of when you might return to work.

### **Pathology Results:**

- The pathology results will usually be available four to five “working” days after your surgery. You can call the office in the afternoon on your fifth post-op day if you have not heard from our office and would like to check for results. Please note your doctor may not be available to discuss your results with you directly when you call.
- If you choose not to call, your results will be covered in detail at your first post-operative appointment with your provider.

### **Note:**

- You should discuss increasing activity level and lymphedema prevention (if appropriate) after surgery with your doctor.
- If you had a sentinel lymph node biopsy your urine may turn blue for approximately 48 hours after your surgery. This is expected and considered normal.

### **Follow-up Appointments:**

- Your initial follow-up appointments will be with your Plastic Surgeon.
- You will need to call to schedule a 2-week post-op appointment with your Breast Surgeon at NWSS.

### **Problems to Observe for:**

#### Call the office for the following:

1. Fever greater than 101.0
2. Uncontrolled pain. That is on a scale of 1-10 (10 being the worst pain imaginable) your pain is a level 7 or above.
3. Nausea and/or vomiting that continues for 12-24 hours.
4. Diarrhea that continues for 12-48 hours.
5. Signs of a wound infection: increased swelling, redness, pain, or smelly wound drainage.
6. Chest pain or difficulty breathing.
7. Your incision separates or opens up.
8. Significant drainage leaking around the drain.

**Please call the office if you have further questions after reading this handout. The office is open from 9:00AM to 5:00PM Monday through Friday. For emergencies after office hours, the answering service will be available when you call the office number.**

**NWSS Phone: (541) 868-9303**