



Name: _____ DOB: _____ Date of Surgery: _____

Pre and Post Op Care Instruction- Mastectomy

We at Glacier Surgical wish you a quick recovery from your procedure! The best way to do so is to follow the pre- and post-operative regimen described below. These will help guide you in preparing for your surgery and what to expect after.

Preparation for Surgery:

- The hospital/surgery center will call you the day before to tell you what time to arrive.
- Please arrange a ride with a family member (18+) or close friend from the hospital/surgery center. **You must have a ride to take you home, no public transportation allowed unless you are still accompanied by another responsible adult (not the cab driver).**
- Please arrive at the facility 1 ½ hours prior to your scheduled surgery time, unless told otherwise by the facility staff.
- Wear loose comfortable clothing.
- **DO NOT WEAR** any jewelry, makeup, lotions, or fingernail polish. Any rings that are too snug to be removed should be removed by a jeweler and left at home. Any hidden piercings or studs should also be removed and left at home.
- Please take the following medications the morning of surgery

- Please stop the following medications on _____.

Preoperative Fasting Guidelines

	Use Hospital Arrival Time
Type of food and drink	Minimum Fasting Period (hours)
Clear liquids Medications with a sip of clear liquid as prescribed	2 hours
Light meal Non-Clear Juices/Drinks Non-human milk	6 hours
Regular meal (may include fried or fatty food and meat at patient's discretion)	8 hours

Definitions:

- 1) Clear liquids: water, clear fruit juices such as apple juice or white cranberry juice (without pulp), plain tea, black coffee (no cream or milk added), clear, electrolyte-replenishing drinks such as Pedialyte®, Gatorade®, or Powerade® or carbonated beverages.
- 2) Light meal: one that is easy to digest and has few calories; foods which are low in fat and protein content
 - a. Acceptable foods: toast, crackers, fruit, broth, apple sauce
 - b. Foods NOT acceptable: fatty or fried foods, meat, cheese, and high fat dairy products.

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After Surgery:

- We recommend a soft camisole to wear. You will be given information about obtaining a special camisole that can hold drains.
- You may shower the next day. Surgical glue will cover the incisions and fall off on its own.
- Ice packs used for a period of 20 to 30 min with breaks is recommended.
- We will call to check on you the day after surgery, please feel free to call us at any time with questions.
- A follow-up appointment with your doctor, typically 7 to 14 days after surgery
 - Pathology/Specimens will be reviewed at your follow up if they were sent for laboratory testing.
 - If you have questions during recovery, write them down to discuss at your follow-up.
- You may have bruising, swelling, and pain during your postoperative phase (pain medication will be prescribed).
- You may be sent home with a drain. This requires little maintenance from you, but please make sure it continues to hold suction (it should be compressed, not full of air) and strip the tubes a couple times a day to keep the fluid from clotting inside the tube.
- Please keep track of the volume when you empty the drain. It should be measured every 12 hours.
- The drain tubes are typically removed 7-10 days after surgery, once the fluid evacuations are 20cc or less for a 24-hour period.
- Stay hydrated and take an over-the-counter stool softener to avoid constipation.
- If methylene blue was used in your surgery, your urine may be temporarily discolored.

Driving, Work, and Activity Restrictions:

- You may drive after you are off narcotics/muscle relaxer medications.
- Typically, patients may return to work within a week of recovery. This varies depending on the severity of surgery and field of work, please follow the medical team's advice for further information.
- You should not lift, push, or pull more than 10lbs for the first 2 weeks. This will reduce your risk for complications (seromas/bleeding etc.)
- We can provide medical restriction letters for your employer. Please request from our staff if needed.

Call Your Doctor If....:

- You break a fever over 100 degrees Fahrenheit, or uncontrollable shaking and chills.
- You feel pain that does not subside over a long period of time.
- You experience redness, excessive heat, or pus draining from your incisions.
- You have nausea or an inability to drink fluids that does not go away.
- Bleeding that is not easily resolved with pressure.
- Your drain is not working properly.
- You have new and increased bruising accompanied by tightness and swelling.

I have read and understand the above instructions.

Date

Patient/Guardian

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