



Checklist: Mastectomy Without Reconstruction or With Reconstruction Using a Tissue Expander

Follow your care team's instructions for getting ready for and recovering after surgery.

Read *About Your Mastectomy* (www.msk.org/pe/mastectomy) or *About Your Mastectomy for Men* (www.msk.org/pe/mastectomy_men). A member of your care team will give you a copy. You can also find them online.

Getting ready for your surgery

What to do

- Set up a MyMSK account if you haven't already. Visit www.msk.org/pe/enroll_mymask for instructions.
- Fill out a Health Care Proxy form. You can ask for a printed copy or find it at www.health.ny.gov/publications/1430.pdf
- Identify your caregiver.
- Arrange for someone to take you home after surgery.
- Follow your healthcare provider's instructions for taking medicines.

What to buy

- Buy a 4% chlorhexidine gluconate (CHG) solution antiseptic skin cleanser, such as Hibiclens®.
- Buy 325-milligram acetaminophen tablets, such as Tylenol® Regular Strength.

Presurgical Testing (PST) appointment

- Bring a list of all the prescription and over-the-counter medicines you take.
- Bring any important medical notes or results from tests done outside of MSK. (If your MSK care team already has them, you don't need to bring them.)

1 day before your surgery

Note the time of your surgery

- A staff member will call you between 2 p.m. and 7 p.m. They'll tell you what time to arrive for your surgery. If your surgery is on Monday, they'll call you on the Friday before.
- If you don't get a call by 7 p.m., call 212-639-5014.

Taking medicine

- Follow your healthcare provider's instructions for taking medicines.

Showering

- Shower in the evening.
 - Wash your hair, face, and genital area as usual.
 - Wash from your neck to your feet with 4% CHG solution. Avoid your head and genital area.
 - Dry yourself with a clean towel. Do not use lotion, cream, deodorant, makeup, powder, perfume, or cologne afterward.

Eating and drinking

- **Stop eating 8 hours before your arrival time, if you have not already.**
 - Your healthcare provider may tell you to stop eating earlier. If they do, follow their instructions.
- **8 hours before your arrival time, do not eat or drink anything except these clear liquids:**
 - Water.
 - Soda.
 - Clear juices, such as lemonade, apple, and cranberry juices. Do not drink orange juice or juices with pulp.
 - Black coffee or tea (without any type of milk or creamer).
 - Sports drinks, such as Gatorade®.
 - ClearFast CF (Preop)® or Ensure® Pre-Surgery clear carbohydrate drink.
 - Gelatin, such as Jell-O®.



You can keep having these until 2 hours before your arrival time.

The day of your surgery

Eating and drinking

- Remember, starting 8 hours before your arrival time, do not eat or drink anything except the things listed earlier.
- **Stop drinking 2 hours before your arrival time.** This includes water.



Taking medicine

- Only take the medicines your healthcare provider told you to take. Take them with a small sip of water.

Showering

- Shower before your surgery. Follow the same steps you did the night before.

Things to remember

- If you use contact lenses, wear glasses instead.
- Take off any metal objects and jewelry, including body piercings.
- Leave valuable items at home.
- Wear a button-down or loose-fitting top and flat, safe shoes for walking.
- Bring your Health Care Proxy form and other advance directives, if you've filled them out.

In the hospital after surgery

Learning to care for yourself at home

- Meet with your nurse to review:
 - How to manage your pain.
 - How to take care of your drain(s) and incision(s).
 - How to shower.
 - When you'll be able to drive.
- Review arm exercises to do at home.

Getting ready for discharge

- Make sure you have a responsible care partner to take you home.

At home

Remember to follow your care team's instructions while you're recovering from your surgery.

Taking medicine

- Take your medicines as directed and as needed.
- Do not drive or drink alcohol while you're taking prescription pain medicine.

Caring for your drain(s)

- Empty your drain(s) in the morning and evening. Milk the tubing each time. Visit www.msk.org/pe/caring_jackson_pratt for instructions.
- If you did not have reconstruction, follow your breast surgeon's instructions for when to call their office to schedule your drain removal.
- If you had reconstruction, follow your plastic surgeon's instructions for when to call their office to schedule your drain removal.

Showering

- If you did not have reconstruction, shower 24 hours after your surgery.
- If you had reconstruction, follow your plastic surgeon's instructions.

Exercise and physical activity

- Follow the instructions in *Exercises After Your Mastectomy or Breast Reconstruction*. You can find it at www.msk.org/pe/exercises_mastectomy. A member of your care team will also give you a copy.
- Do your arm exercises 3 times every day until you can move your arm as you did before surgery. After that, do them once every day.
- If you had reconstruction, do not lift objects heavier than 5 pounds (2.3 kilograms) until your healthcare provider tells you it's safe.

Sexual activity

- You can start sexual activity when you feel ready.

When to call your healthcare provider

Call your healthcare provider if:

- You have a fever above 100.4 °F (38 °C).
- The skin around your incision(s) is redder or warmer than usual.
- You have increased discomfort in the area of your surgery.
- There's drainage from your incision(s).
- Your arm or the area around your incision(s) is starting to swell or getting more swollen.
- You have trouble breathing.
- You have any questions or concerns.



Contact information

Monday through Friday from 9 a.m. to 5 p.m., call:

Doctor: _____

Nurse: _____

Phone number: _____

After 5 p.m., on weekends, and on holidays, call 212-639-2000. Ask to speak to the person on call for your healthcare provider.

Notes _____
