

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861

**DISCHARGE
INSTRUCTIONS
FOR
MASTECTOMY**

1. Consume a diet high in protein to promote healing (if able to). If you feel uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
2. If your drainage tube cannot be removed prior to discharge, empty, measure and record volume emptied as instructed to do so.
3. You may shower or bathe. When showering, avoid *saturating* the incision with water while steri-strips are in place. Pat the incision dry. Avoid using soaps, powders and lotions.
4. If you have steri-strips along your incision, they can be removed in one (1) week.
5. Continue exercise regime of affected arm as directed by the physiotherapist.
6. Take your prescribed pain medication as directed for discomfort.
7. Resume medications as before your procedure unless otherwise advised.
8. Do not carry, pull or drag anything heavy on the affected side until directed otherwise. **(greater than 10 pounds)**
9. Do not wear restrictive jewelry on the affected side.
10. Avoid having injections, IVs or blood pressures done on the affected arm.
11. Avoid clothing with tight sleeves.
12. Avoid sunburn.
13. Restrict your activity and rest for the remainder of the day. Resume normal activity as tolerated and as directed on the days following your procedure. You may tire easily.
14. You may notice some swelling in the arm of the affected side. When sitting or lying, keep the arm elevated on a pillow to help prevent swelling.
15. Your doctor will advise you when you may return to work.

If you have been given anesthesia or sedation;

- Do not drive or operate machinery for 24 hours.
- Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
- **You must have an adult with you tonight at home.**

Please contact the Canadian Cancer Society if you have any questions regarding supports that may be available for you.

Go to an Emergency Department if any of the following occurs:

- Persistent nausea or vomiting not relieved by over the counter medications.
- Excessive pain not relieved by medications.
- Foul smelling or pus-like drainage from your wound or incision.
- Fever and/or chills (38°C or 100°F)

FOLLOW-UP

Make an appointment to see Dr. _____

in _____ Phone Number _____

If you have any questions, please do not hesitate to call your doctor.

Special Instructions: _____

