



*PATIENT & FAMILY EDUCATION / NYU Medical Center*

## **Same Day Admission Breast Surgery      January 2002**

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### **SAME DAY ADMISSION BREAST SURGERY**

#### **PRE-ADMISSION TESTING**

You have been scheduled by your surgeon to be admitted to Tisch Hospital for breast surgery. Up to one week prior to surgery, you will be required to have pre-admission testing which consists of a physical examination, a chest X-ray, an electrocardiogram, a bone scan, and blood tests. The permission for surgery (informed consent) is usually signed at this time and you will meet with an anesthesiologist.

#### **ADMITTING PROCEDURE**

The Admitting Office will call you the day before surgery to inform you what time to be at the hospital. Plan on wearing comfortable clothing, preferably something which opens in the front. Do not bring any valuables with you.

On the day of surgery, report to the 6<sup>th</sup> floor of Rusk Institute, Same Day Admission Unit at the designated time. The nursing staff will prepare you for surgery and you will receive any medication that has been ordered for you prior to going to the Operating Room.

Family members may accompany you to the Same Day Admission Unit, and wait with you until it is time for you to go to the Operating Room. Your surgeon will meet with your family members after your surgery.

## **WHILE IN THE HOSPITAL**

After surgery, you will go from the Operating Room to the Recovery Room where the nursing staff will monitor your condition closely. Once your condition is stable, you will be transferred to a patient room. The nurses will continue to monitor your blood pressure, pulse, temperature, respirations and level of discomfort.

It is normal to feel pain in the chest, shoulder area, upper arm or armpit. Pain medication will be available if you need it, so don't hesitate to ask. You may initially feel drowsy or nauseated. These are common side effects of anesthesia. If you have nausea, anti-nausea medication will be available. You can expect to have a dressing over your incision(s) and a drain(s) in place to collect the extra fluid the body normally produces after an operation. The dressing is usually removed the day after surgery. You will be encouraged to cough and deep breathe and get out of bed as soon as possible. You will feel stronger and more like yourself in a few days.

Exercising will help to ease the tension in your arm and shoulder and will help to hasten your recovery. You will probably be able to begin exercising within a few days after your operation provided that you have your surgeon's approval. It is common to have tingling or numbness of the arm on the side of surgery. These are normal sensations and should not alarm you. These sensations may last for a few months or up to one year.

### **PRIVATE DUTY NURSING**

You may wish to have a private duty nurse take care of you for the first shift after surgery. If you choose to have a private duty nurse, either you or a family member must contract for the nurse in person. The Private Duty Nursing Office is located on the main floor of Tisch Hospital, Room 183. Check with your insurance carrier if the cost of private duty nurses is covered.

### **SUPPORT SERVICES**

If you have had a mastectomy, you may receive a visit from a Reach-to-Recovery volunteer from the American Cancer Society while you are in the hospital. This volunteer is a breast cancer survivor who will be able to provide you with support and encouragement based on her own experience.

## GENERAL DISCHARGE INSTRUCTIONS

The following are general guidelines after breast cancer surgery. Your recovery time may vary depending on the surgical procedure you have had. Your physician and nurse will review information that is specific for your individual situation.

### ACTIVITIES:

- ❖ Resume your activity as tolerated. It is normal to have increased fatigue for the first few weeks after surgery. This is the body's way of telling you that you need more rest.
- ❖ Use your arm as you are able to for your normal activities of daily living unless you have been instructed otherwise. Do **not** do any heavy lifting.
- ❖ Driving, returning to work and resuming sexual activity should be avoided until after the first post-operative visit with the surgeon. These activities will be discussed at this time.
- ❖ Unless instructed otherwise, do not shower until the drain is removed. Sponge baths are preferred until the drain is removed.

### INCISION CARE/ARM CARE

- ❖ You may go home with a drain in place. Your surgeon will remove the drain in the office during the first post-operative visit.
- ❖ Do not get your incision(s) wet, unless instructed otherwise. Once the drain is removed, you will be able to take a shower. Let the warm water run over the incision(s) and pat dry. Do not rub your incision(s). If you have had a mastectomy, you may begin to wear the temporary prosthesis and stretch bra after the drain is removed.
- ❖ Inspect the incision(s) every day and contact your doctor if you notice redness, drainage or any swelling.
- ❖ You may find it more comfortable to elevate your arm with a small pillow, not to exceed 45 degrees. Do not have any blood pressures, blood drawing or injections on the affected arm. Follow the arm precautions included in this packet, if you had an axillary dissection.
- ❖ Check with your surgeon and/or plastic surgeon as to when you can begin the arm exercises to help get back the normal range of motion of your arm.

### DIET

- ❖ A regular diet will be prescribed, unless you have other specific dietary needs.

- ❖ Increase fluids and fiber to prevent or minimize constipation.

## **MEDICATIONS**

- ❖ You can expect to receive a prescription for antibiotics.
- ❖ If needed, you will receive one for pain medication.
- ❖ A stool softener such as Colace can be taken.

## **BOWEL AND BLADDER**

- ❖ Pain medication can be constipating. It is important to drink at least 8 glasses of fluid daily.

## **FOLLOW-UP**

- ❖ Call your surgeon's office for an appointment when you go home. He/she will usually want to see you within one week after discharge.
- ❖ If needed, a referral to Visiting Nurse Service will be made for you.

## **SOME QUESTIONS YOU MAY WANT TO ASK YOUR SURGEON AFTER SURGERY**

- ❖ How many lymph nodes were removed?
- ❖ How many lymph nodes were positive?
- ❖ How large was the tumor?
- ❖ What type of therapy are you recommending for me?
- ❖ What type of follow-up will I need?

## WHEN SHOULD I CALL THE DOCTOR?

Your doctor should be notified if any of the following occur:

- ❖ Fever over 100.8 degrees or shaking chills.
- ❖ Redness or swelling from the incision(s) on the affected arm.
- ❖ Drainage from the incision.
- ❖ Leakage of fluid from the drain exit site.
- ❖ Need to empty the drain more often than twice daily.
- ❖ Difficulty keeping the drain container flat.
- ❖ An increase in pain, or pain not relieved by pain medication.

<b>AREA</b>	<b>TELEPHONE NUMBER</b>
Pre-Admission Testing	(212) 263-5985
Tisch Admitting Office	(212) 263-7459
NYU Comprehensive Breast Center	(212) 263-1400