

Preparing for Your Breast Surgery

One Week Before Surgery

Please stop taking all herbal medicines.

Day Before Surgery

- Please review all handouts.
- Shower or bathe using the antibacterial soap or wipes.
- **No eating or drinking**, even water, after midnight unless your doctor tells you it is okay.

Morning of Surgery

- Shower or bathe using the antibacterial soap or wipes.
- Take your morning medicines as your doctor instructed.
- **Report to the hospital or surgery center at the time your nurse gave you.**
- Please leave valuables at home. Bring your ID and insurance card.

Day of Surgery

After you arrive, you will change into a gown and we will start an IV line. We will take you to have images taken if needed before surgery.

During Surgery

We will take you to the operating room (OR). If you have a nerve block, we will also give you sedation through an IV to make you sleepy. If you have general anesthesia, we will place a tube into your trachea (windpipe) to control your breathing. You will not be aware of what is happening and will not feel any pain.

If you have a nerve block with sedation, we will wake you in the OR and then take you back to your room in the surgery center. If you have general anesthesia, we will take you to the recovery room first. We will move you to your room after about an hour.

After Surgery

If are going home the same day, we will discharge you within a few hours. If you are spending the night, we will move you to your hospital room.

Going Home

- We will give you pain medicine.
- You may have a gauze bandage over your incision which you can remove after 24 hours. If you have drainage from your incision, place a new piece of gauze over the site.
- We will cover your incision with special tape called steri-strips. These will fall off or we will remove them in clinic.
- If you have drains, we will tell you how to care for them.

Plan to stay home between three days and two weeks. If you had flap reconstruction, you will need to stay home for about six weeks. You will return to see your surgeon in one to two weeks.

After Surgery

Arrange for someone to drive you home and stay with you for the first 24 hours after surgery. We will give you home care instructions and tell you how to contact your clinic with any concerns.

Procedure (check all that apply):

- Mastectomy**
 - Left
 - Right

- Lumpectomy**
 - Left
 - Right

- Sentinel Lymph Node Biopsy**
 - Left
 - Right

- Wire Localization**
 - Left
 - Right

- Paravertebral Block**
 - Left
 - Right

- Axillary Lymph Node Dissection**
 - Left
 - Right

- Reconstruction – TRAM Flap**
 - Left
 - Right

- Reconstruction – DIEP Flap**
 - Left
 - Right

- Reconstruction - Lat Dorsi Flap**
 - Left
 - Right

- Reconstruction – Expander**
 - Left
 - Right

- Reconstruction - Implant**
 - Left
 - Right

- Other** _____
 - Left
 - Right

Location

- UW Hospital, 600 Highland Avenue, Madison WI 53792, Outpatient Surgery Center
(608) 263-8803
- UW Hospital, 600 Highland Avenue, Madison WI 53792, First Day Surgery
(608) 265-8857
- Madison Surgery Center, 1 S Park Street, Madison WI 53715
(608) 287-2200
- Meriter Hospital, 202 S Park Street, Madison WI 53715
(608) 417-6000

Type of Stay

- Outpatient surgery
- Overnight hospital stay
- Inpatient hospital stay

Surgeon: _____

Clinic Phone Number: _____

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7736.