

Your Breast Surgery: Information before your Partial or Total Mastectomy

Presented by the Pivot Nurse,
Occupational Therapist and
Physiotherapist



DISCLAIMER

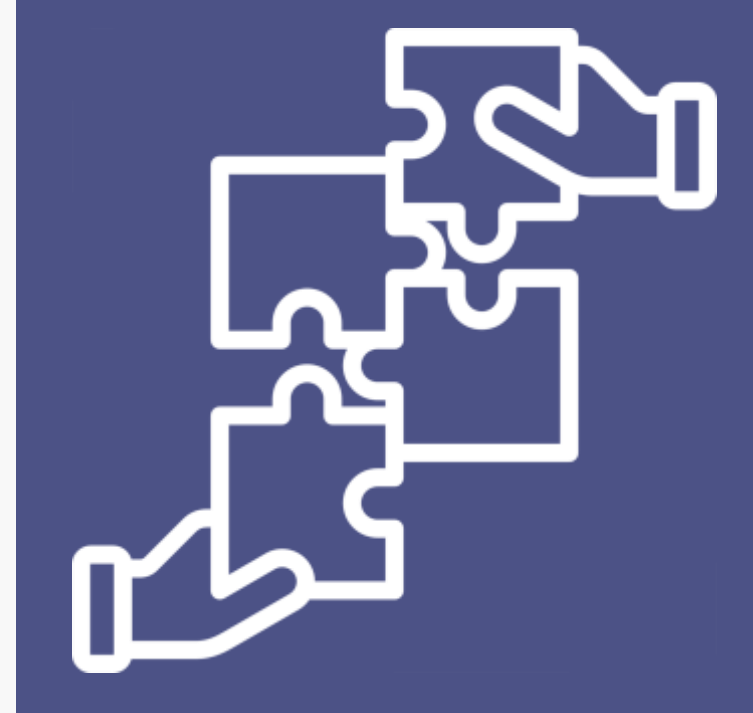
This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

You are not alone

The following information will help you prepare for your upcoming surgery.

You're not alone in this journey.

You will be surrounded by a multidisciplinary team to help you through this experience



Remember, everyone heals at their own rhythm

Your Team

Breast Surgeons

- Dr. Mark Basik
- Dr. Jean-François Boileau
- Dr. Stephanie Wong
- Dr. Ipshita Prakash
- Dr. Karyne Martel

Plastic Surgeons

- Dr. Tasso Dlonosopoulos
- Dr. Alex Viesel-Mathieu



Your Team

Pivot Nurses / Nurse Navigators

- Erika Martinez
- Brandy Vanderbyl

Patient Navigator

- Taahira Payne

Rehabilitation Clinicians

- Natasha Grant (PT) - Lymphedema Specialist
- Annie Pettorelli (OT)
- Nadia Smirnow (PT)



YOUR JOURNEY

PRE-OP
Preparing



OPERATION
DAY
Procedure



ACUTE POST-OP
Healing



POST-OP
Recovery



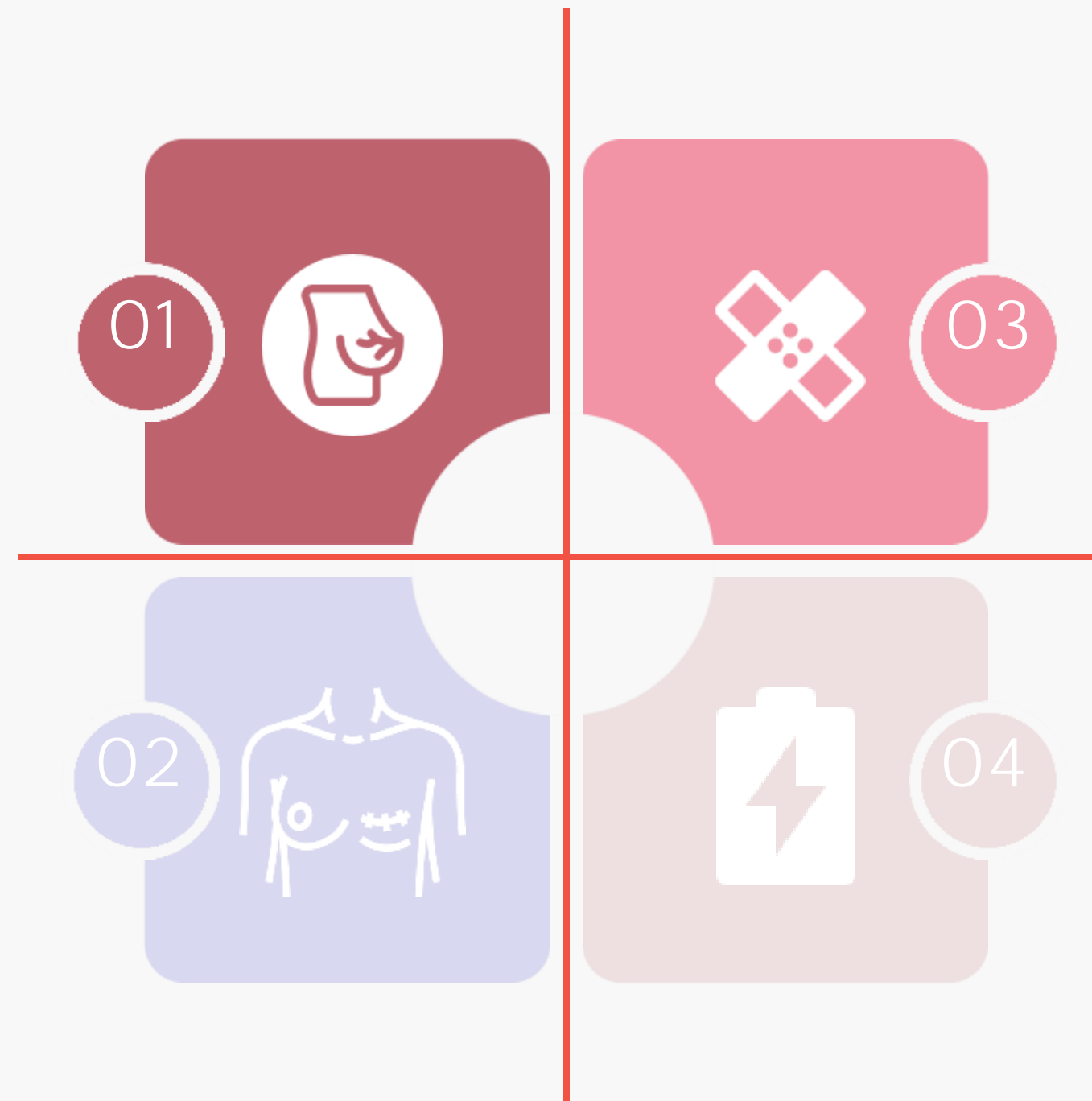
YOUR JOURNEY

PRE-OP (Preparing)

- Gather Information
- Prepare meals and get housework done in advance
- Arrange your environment - keep frequently used items at waist height
- Plan for childcare and/or pet care

OPERATION (Procedure)

- Bring a button-up or zip-up shirt the day of surgery
- Bring your bra
- Leave valuables at home
- No acrylic nail polish

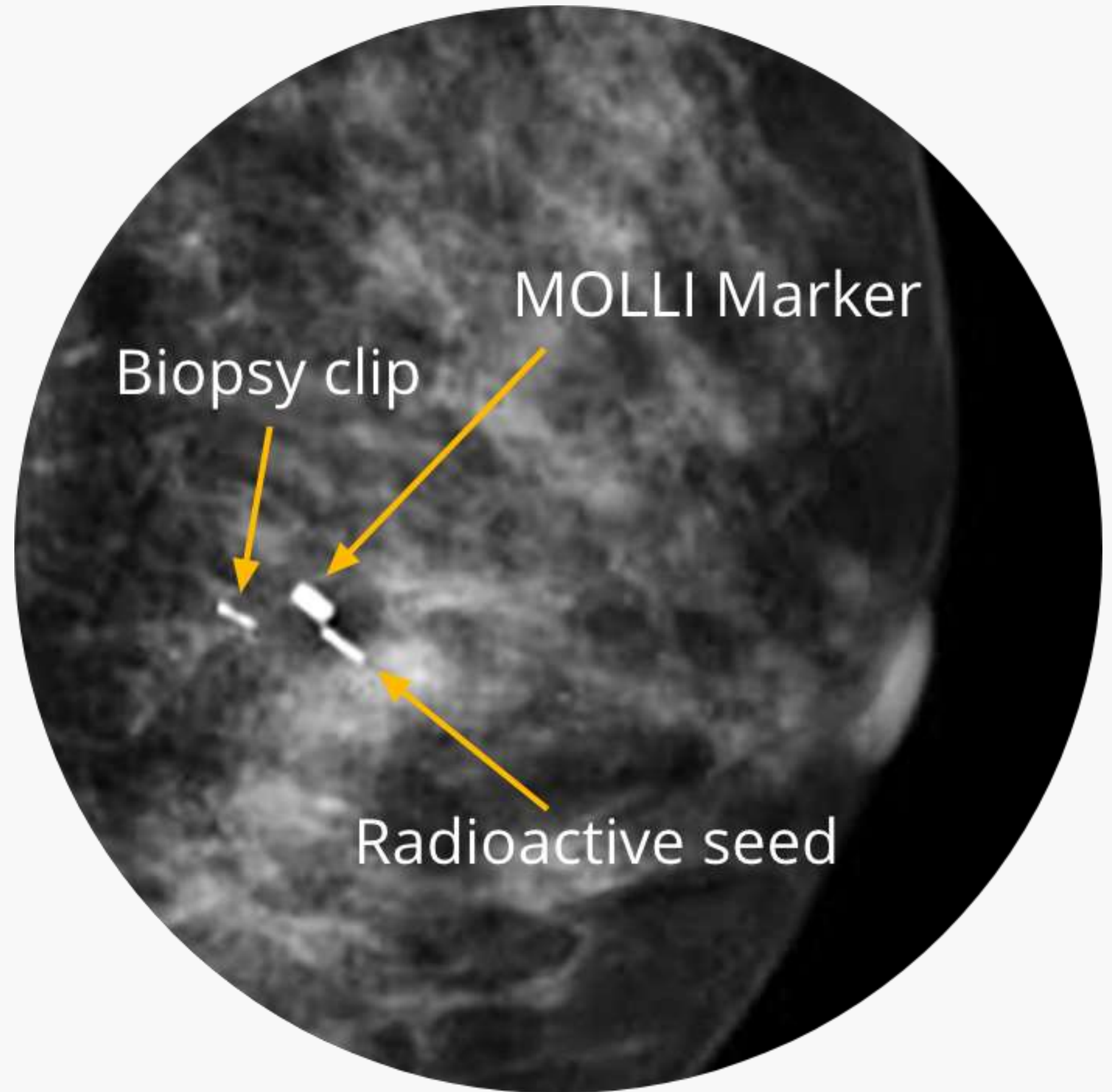


ACUTE POST-OP (Healing)

POST-OP (Recovery)

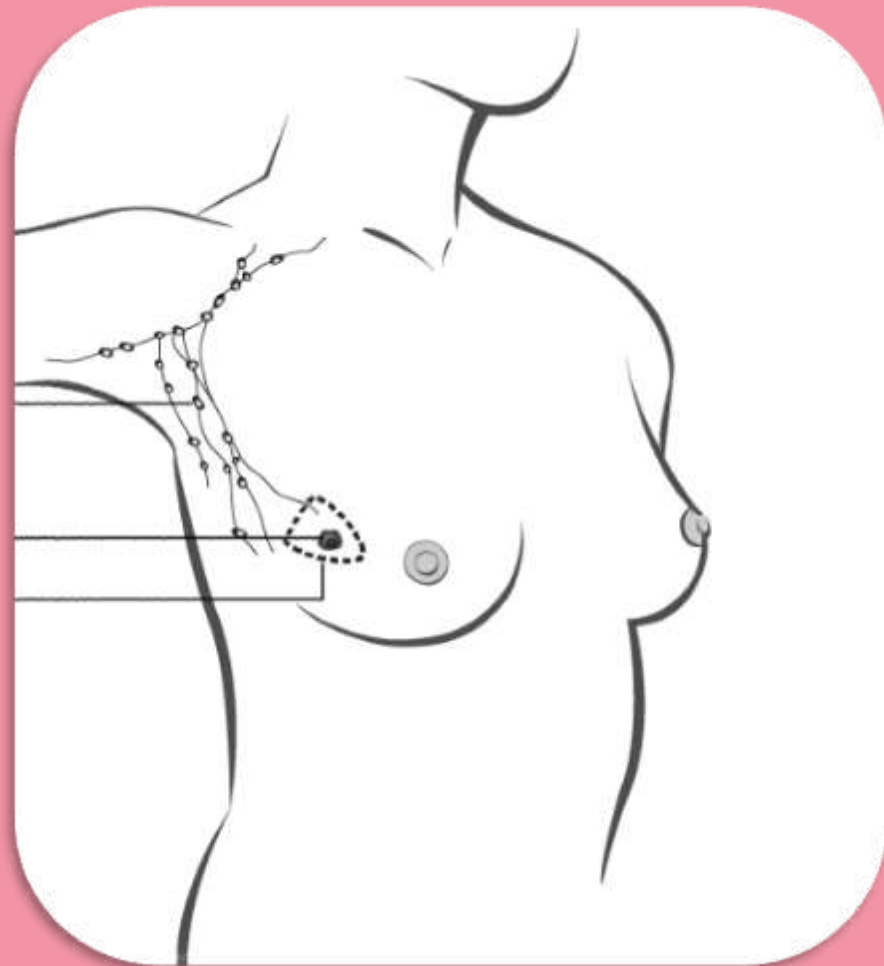
MOLLI

- Prior to surgery, you may need to have a Molli localizer placed.
- This will mark the precise location of the area of interest.
- The procedure is similar to a biopsy.
- A magnetic seed is placed
- It will be removed during the surgery.



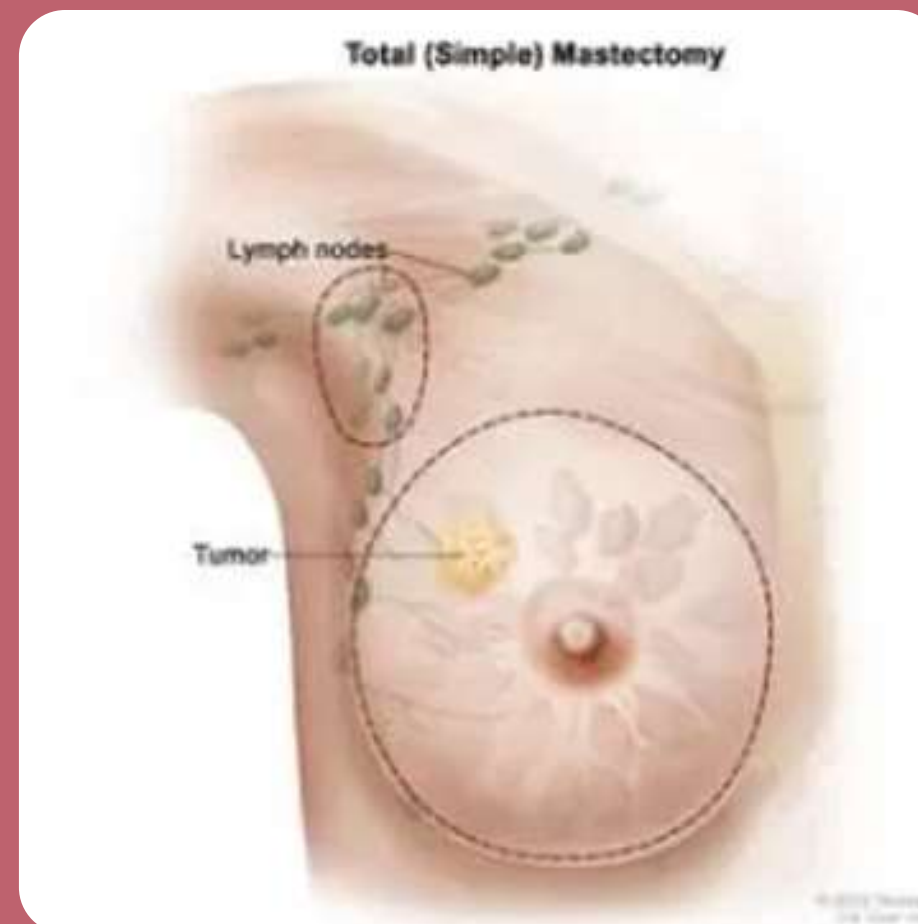
Partial Mastectomy

Some breast tissue around tumor
+/- Sentinel Node Biopsy



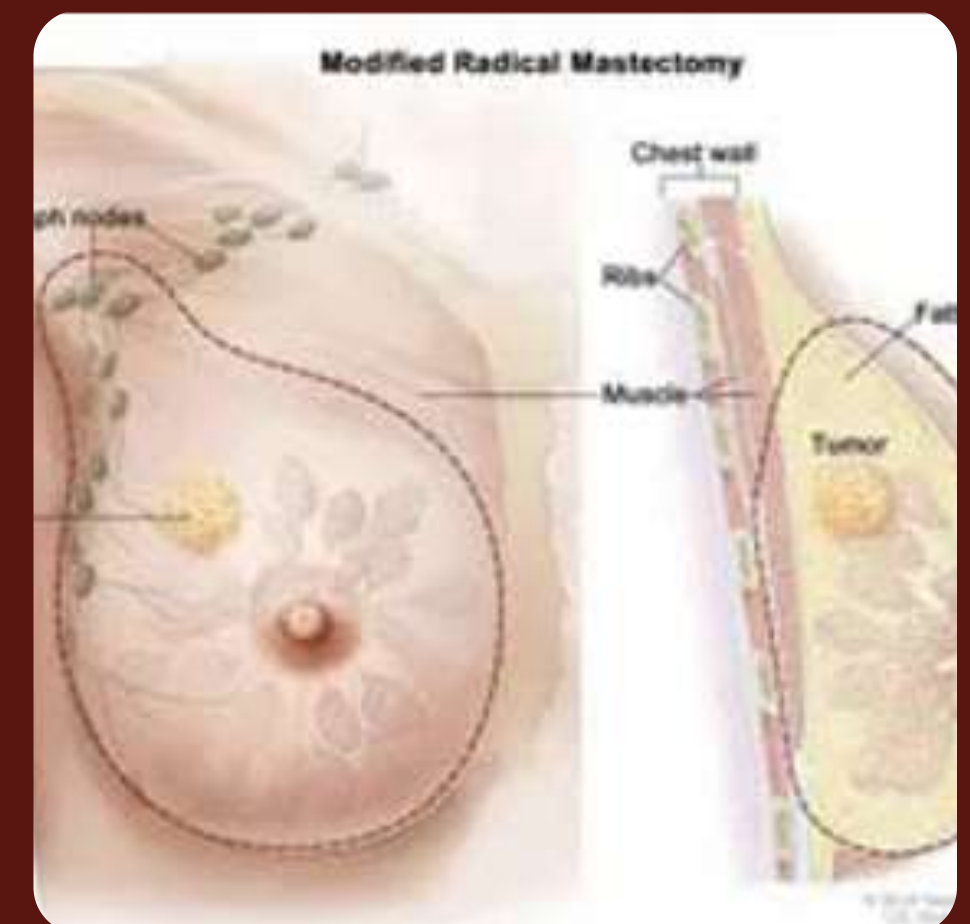
Simple Mastectomy

All breast tissue +/- Sentinel
Node Biopsy



Radical Mastectomy

All breast tissue + axillary
dissection



About Reconstruction

There are different types of breast reconstruction surgeries. The most common type performed at the JGH is prepectoral implant reconstruction, where the implant is placed **above the pectoral muscle**.



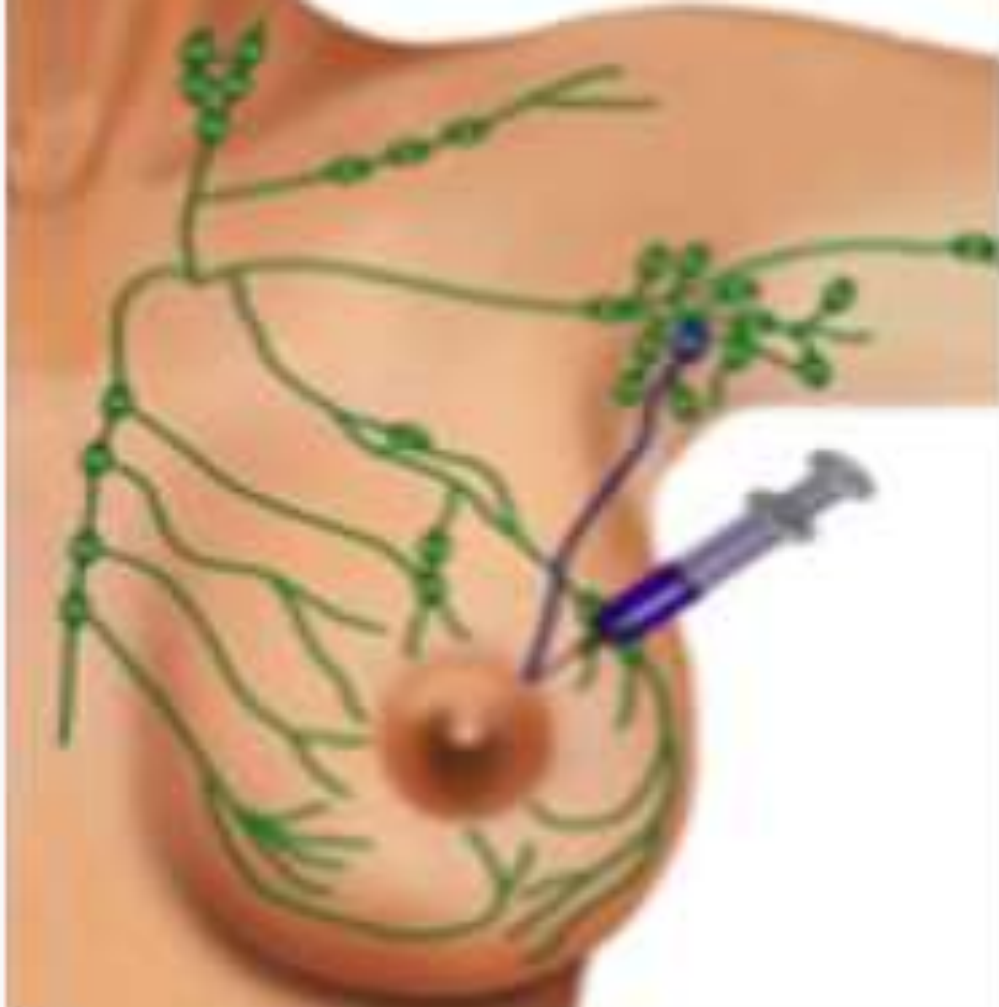
If you have opted for another type of reconstructive surgery

Please contact your Pivot Nurse for more detailed information

Additional Information

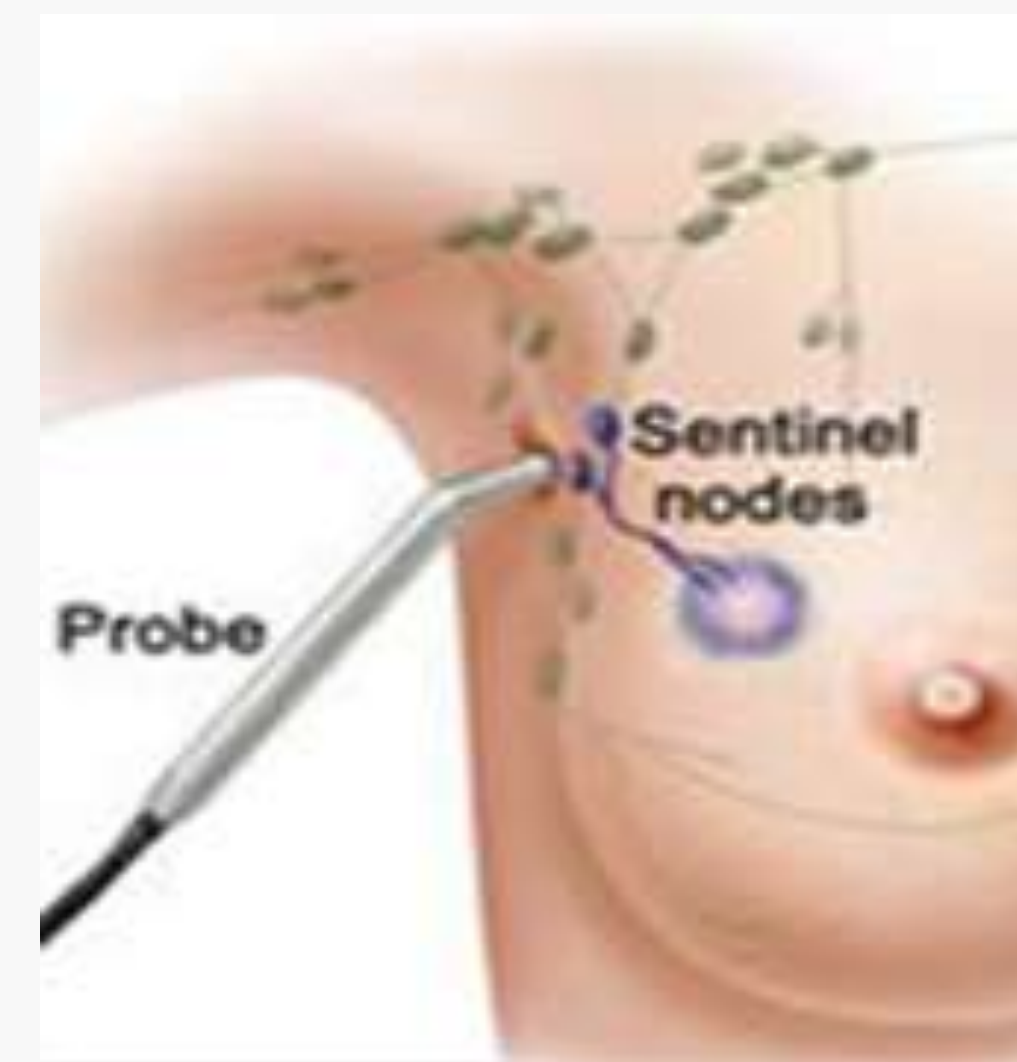
cancer.ca/en/cancer-information/cancer-types/breast/reconstruction-and-prostheses/breast-reconstruction-surgery

[cbcnc.ca/en/breast-reconstruction](https://cbcn.ca/en/breast-reconstruction)



Sentinel Node Biopsy

A sentinel node biopsy could be performed in which we remove one or more lymph nodes under the arm to inspect for cancer cells.



The sentinel node is the first node to which breast cancer cells travel after leaving the breast

Surgery

You'll receive a call the day before surgery with the time of your surgery.

Fast of midnight prior to your surgery.
The operating team will review these instructions with you

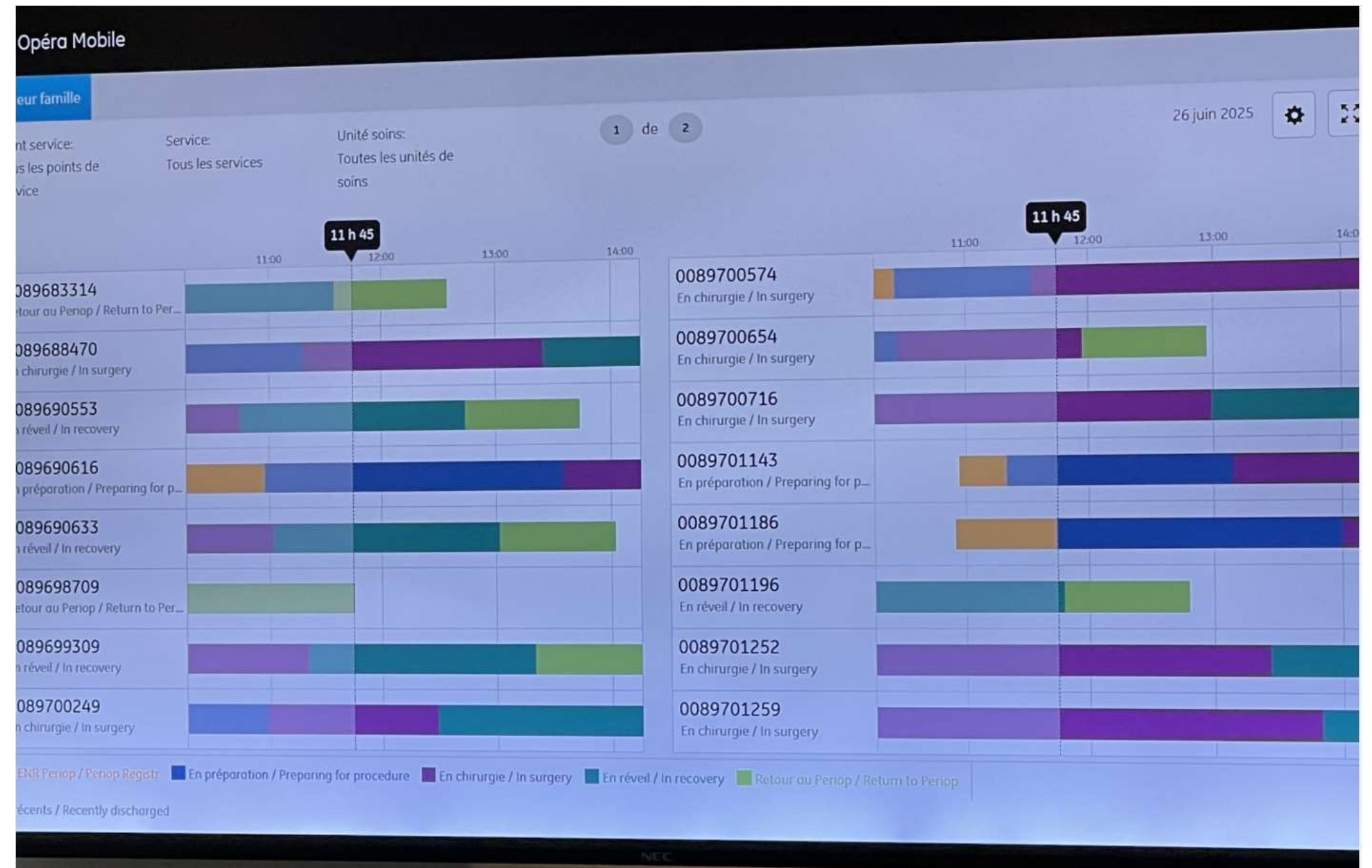
Use disinfecting wipes/soap as instructed by Taahira.

Please present to the PRE-SURGERY department **pavilion K, 1st floor** as instructed.

Partial Mastectomy (~1 hour)

Mastectomy (~1-2 hours)

Reconstruction (~2-4 hours)



Surgery

Most surgeries are done **outpatient/same-day surgery**.

Reconstruction surgeries typically require an overnight stay.

Discharge:

- You will stay in the recovery room until you have recovered from anesthesia (are steady on your feet) and have been able to urinate. This might take a few hours.
- DO NOT drive yourself home! Ask someone to pick you up (ideal) or take a taxi
- Plan to pick up medications



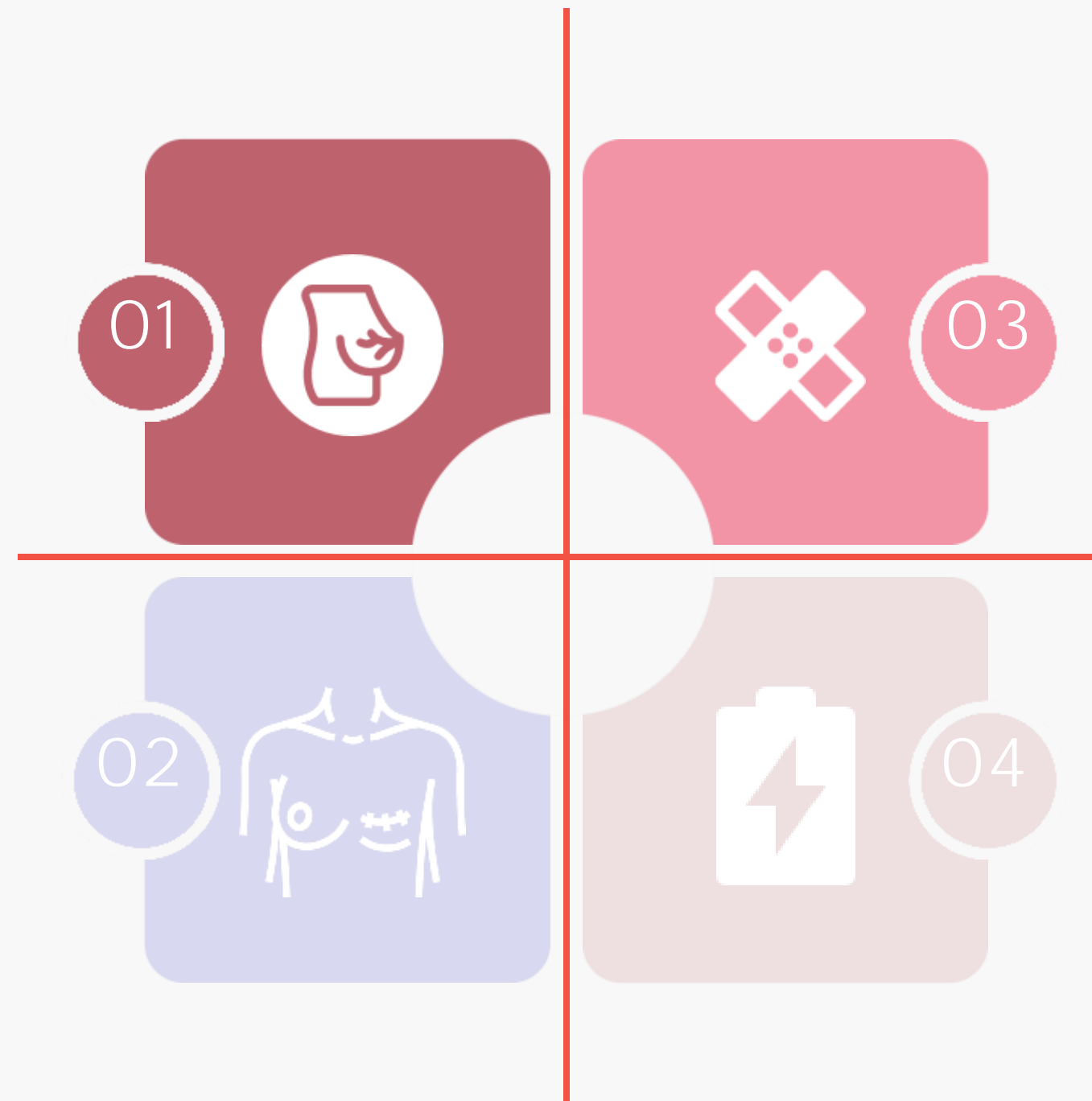
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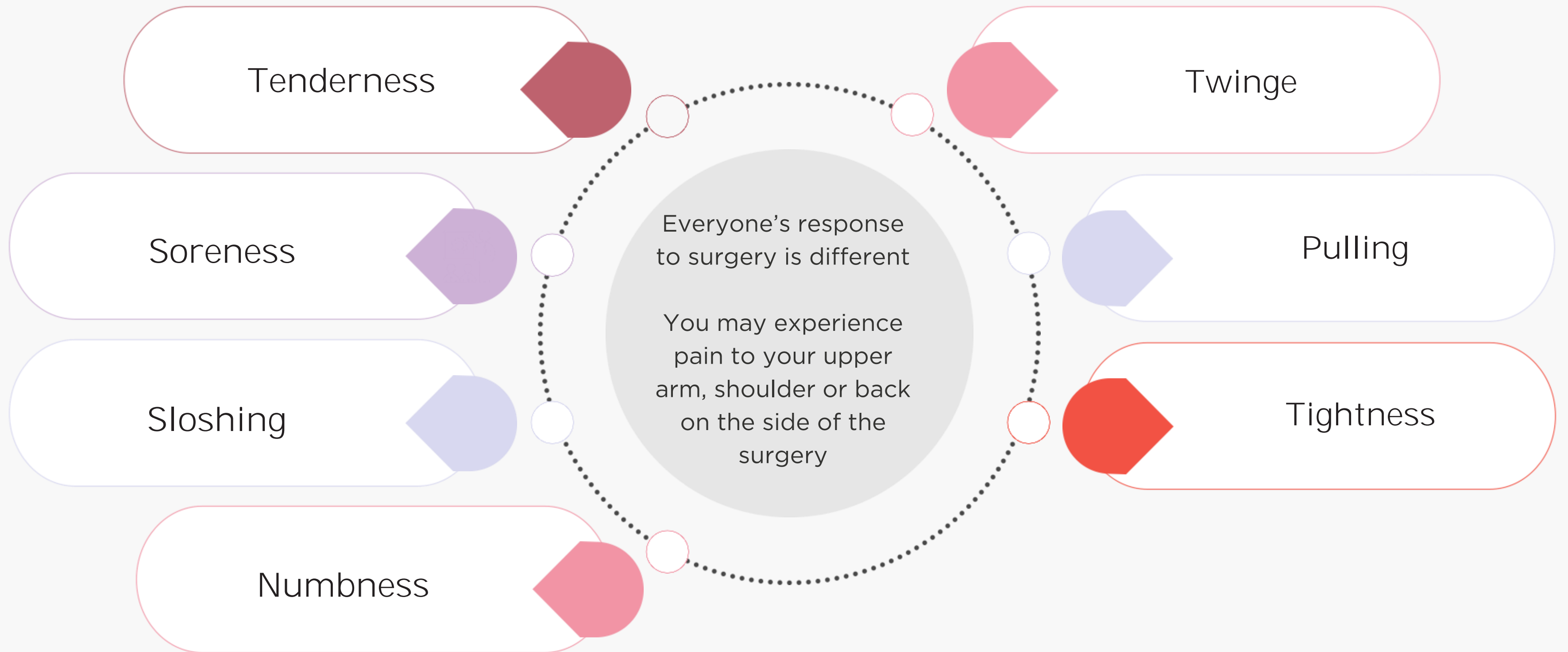


ACUTE POST-OP (Healing)

- Designate a driver
- Pain Control
- Dressing Care
- Emptying Drains
- Looking out for Signs of Infection

POST-OP (Recovery)

PAIN



MANAGING YOUR PAIN



01

Move your arm

Using your arm (surgery side) for daily activities as tolerated, while respecting pain limitations.

03

Use pain medication as needed

Take medication for pain as soon as your pain reaches a level of 5 on 10 (pain scale 0 - 10)

02

Lessen each day

The pain should be less as days go by after the surgery.

Please contact your team if pain increases after the surgery

04

Constipation/Nausea

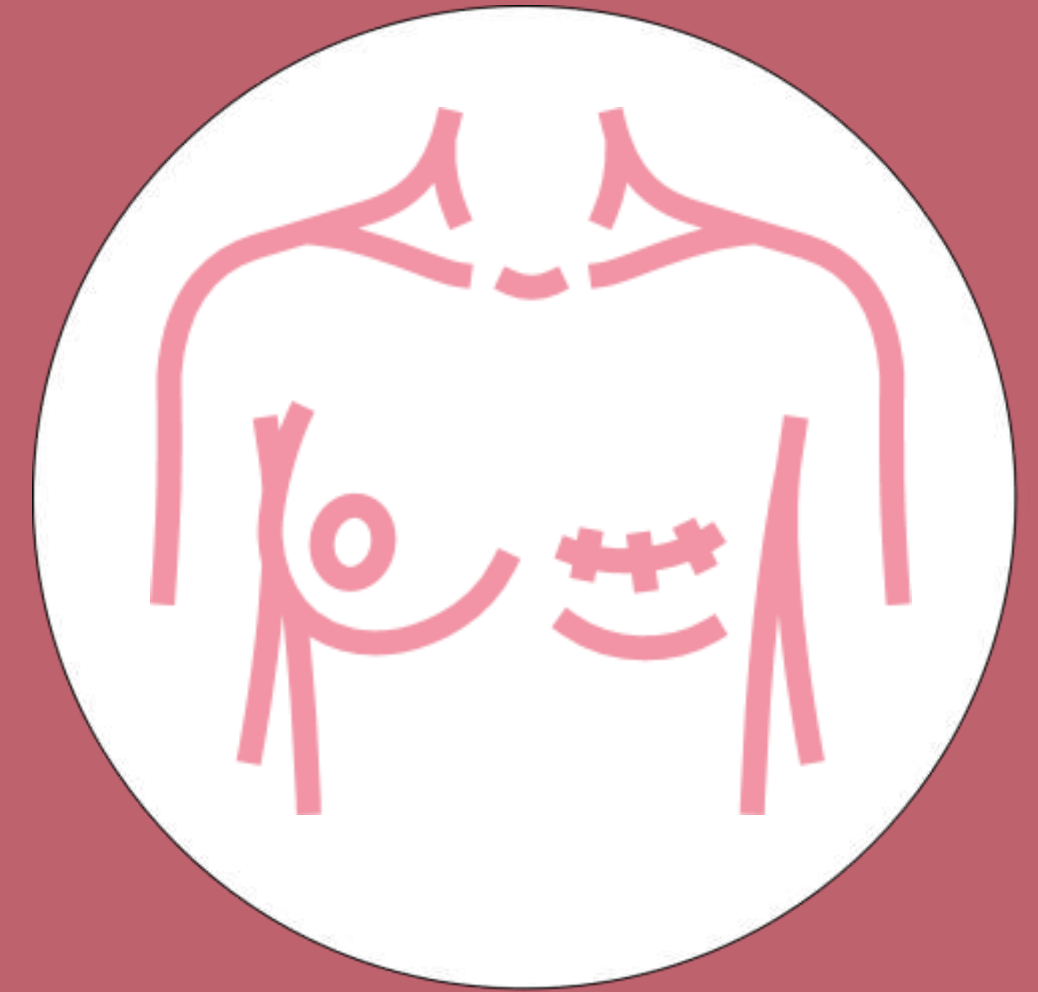
Opioids can cause nausea and constipation.

You can speak with your pharmacist to recommend a laxative and anti-nausea medication



Dressing Care

- Do not get the dressing wet
- Remove dressing 48-72 hrs after the surgery (if no reconstruction)
- Steri-strips will cover incision. Do not remove them
- You can shower with steri-strips in place, the incision can get wet
- Steri-strips will fall approximately 2 weeks after the surgery



Reconstruction

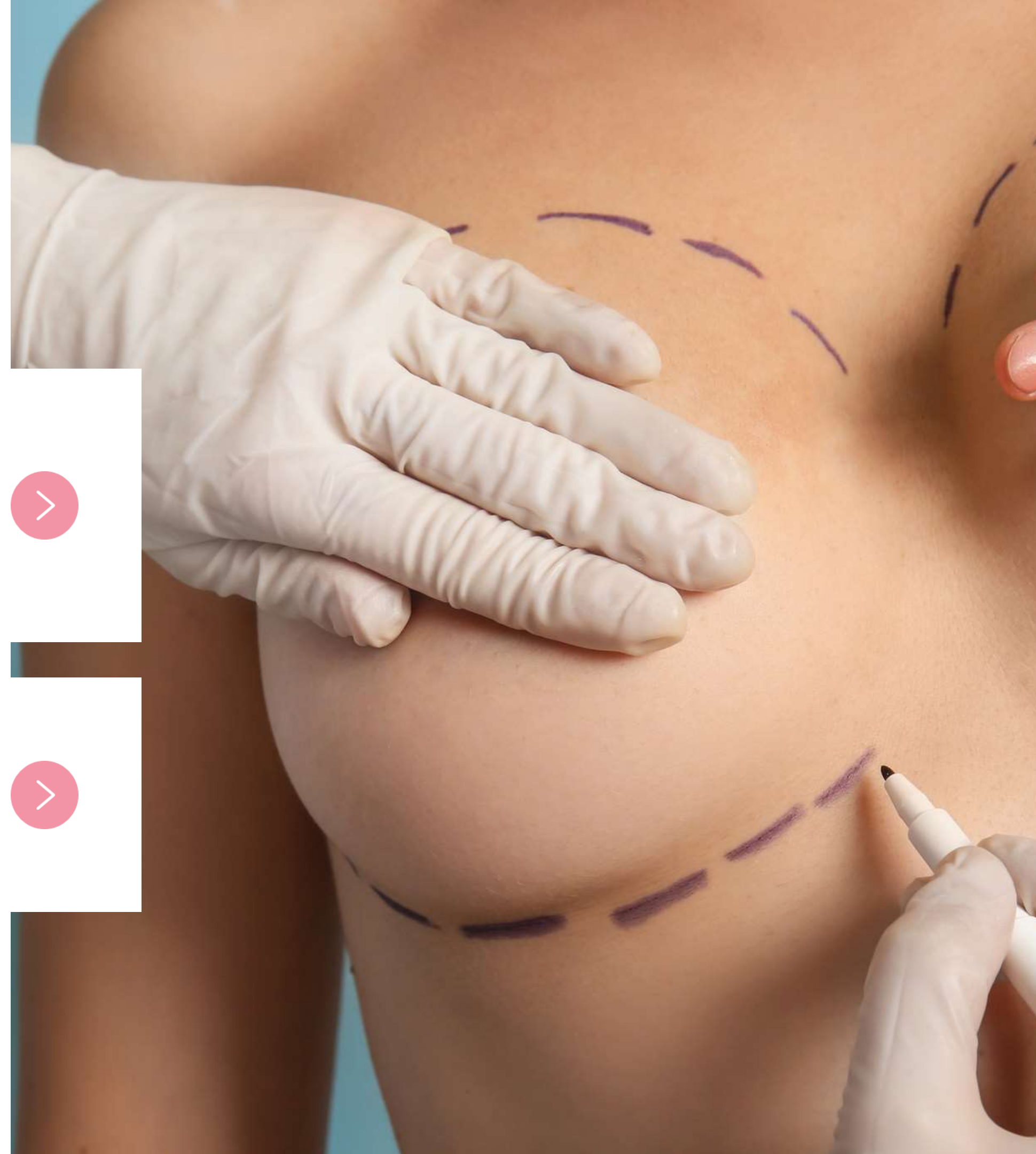
Special Instructions

Antibiotics

After reconstruction surgery your doctor will also prescribe you antibiotic pills to take for 7-10 days after you leave the hospital

Dressings and Drains

The plastic surgeon will remove the dressing and the drains



JACKSON PRATT DRAIN

FAQ



What is it for?

A drain could be placed after surgery to help your body clear out excess fluid. If this is in your care plan, your surgeon would have already discussed this with you.



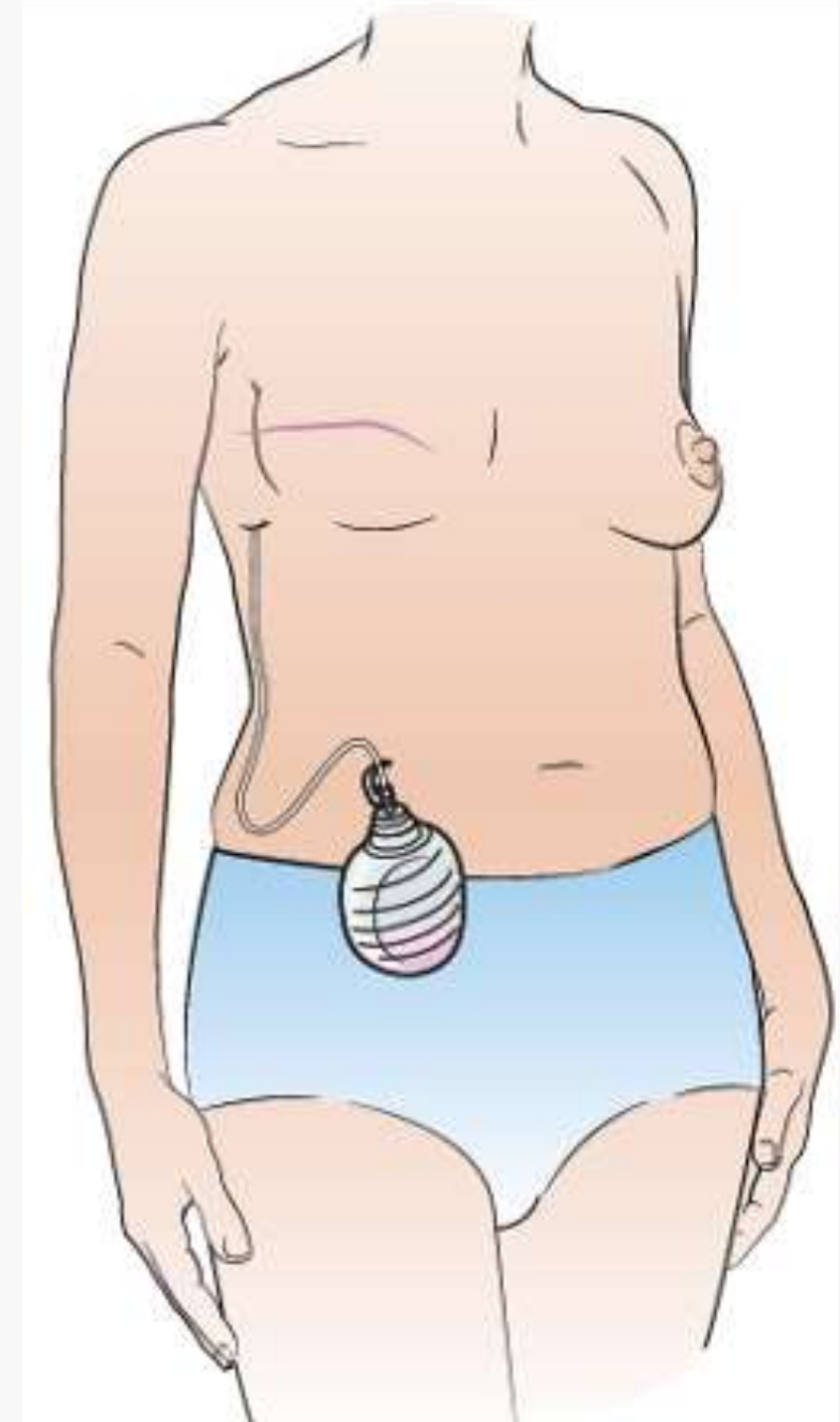
For how long?

It will stay in place for 7-10 days



Who takes it out?

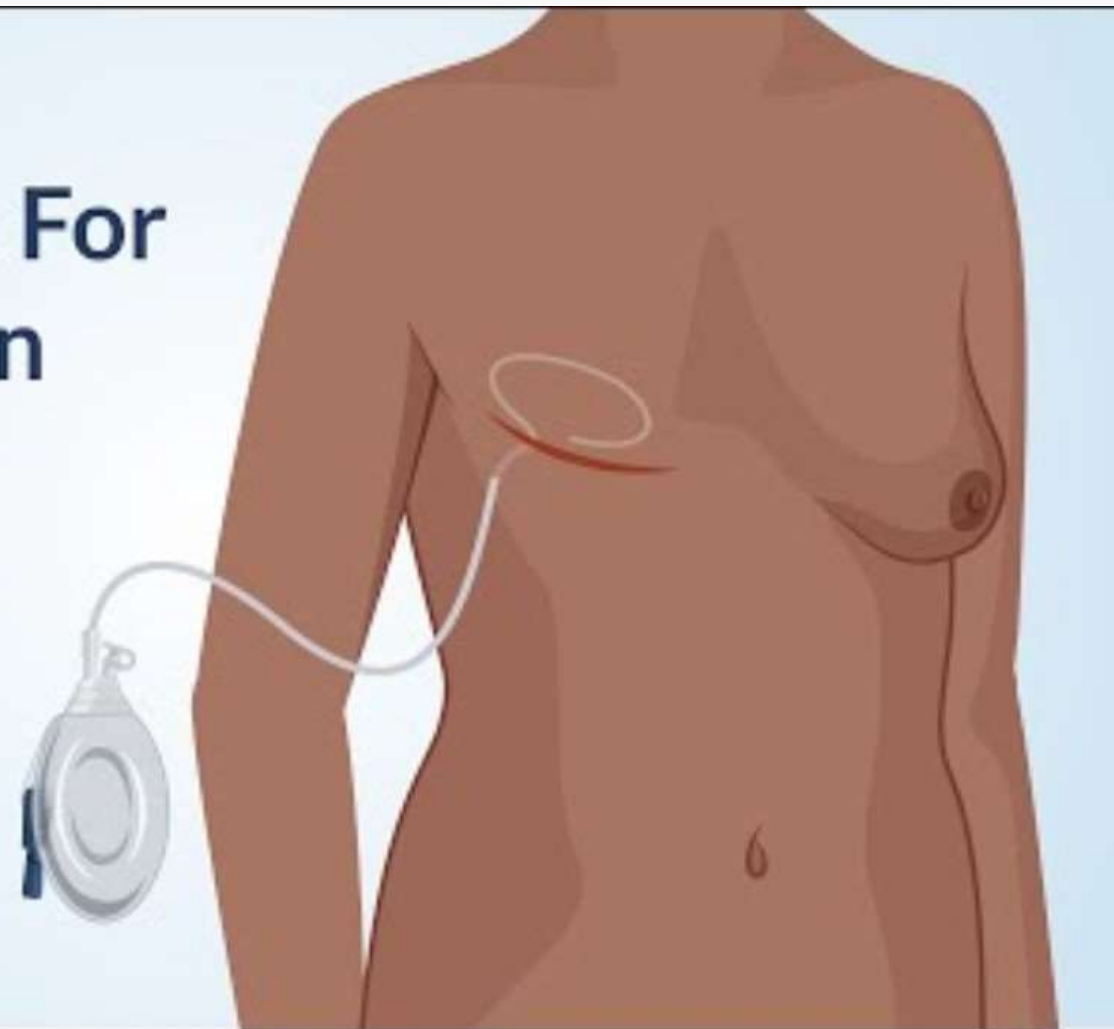
The CLSC will remove the drain (unless you have reconstructive surgery)



JACKSON PRATT DRAIN

How to Care For Your JP Drain

UHN Princess Margaret Cancer Centre



MANAGEMENT



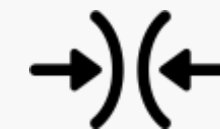
Emptying Frequency

Empty the drain 2-3 times per day, note the amount that is emptied



Recording Volume

Record how much liquid is drained per 24 hours



Squeeze to create vacuum

Make sure to squeeze the bulb while closing cap after emptying



Showering

You can shower with drain in place

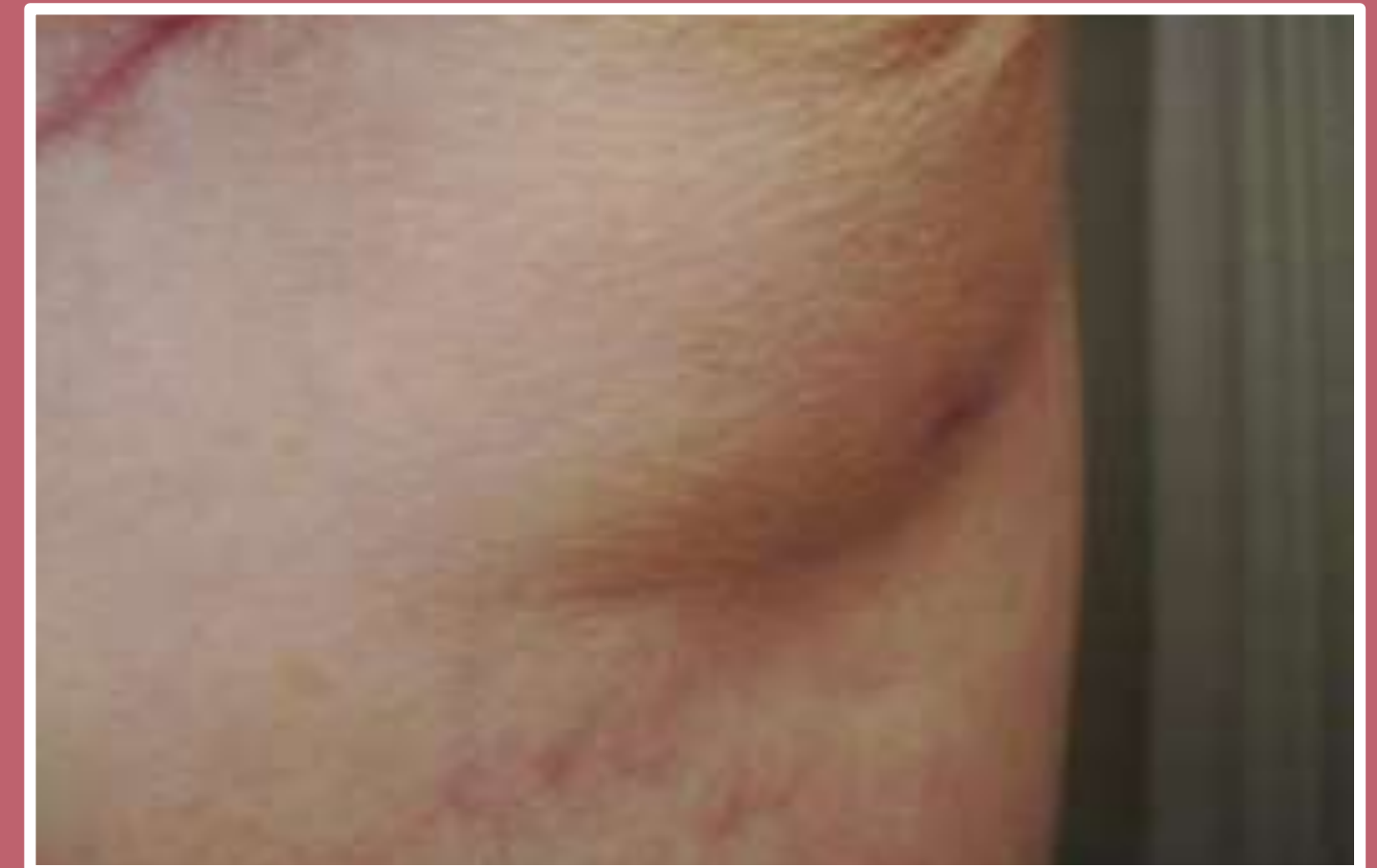
[youtube.com/watch?v=q87bzVpunNY](https://www.youtube.com/watch?v=q87bzVpunNY)

Hematoma/Seroma

**Will usually go away on its own
May take some time (weeks - months)**



**If causing a lot of pain or sensitivity, call the
pivot nurse**



SIGNS & SYMPTOMS OF INFECTION



Post-Mastectomy Bra Resources



01.

Hope & Cope

hopeandcope.ca



02.

Canadian cancer society

cancer.ca/en/cancer-information/cancer-types/breast/reconstruction-and-prostheses/breast-prostheses



03.

Take a copy of the list of stores providing post mastectomy and compression bras

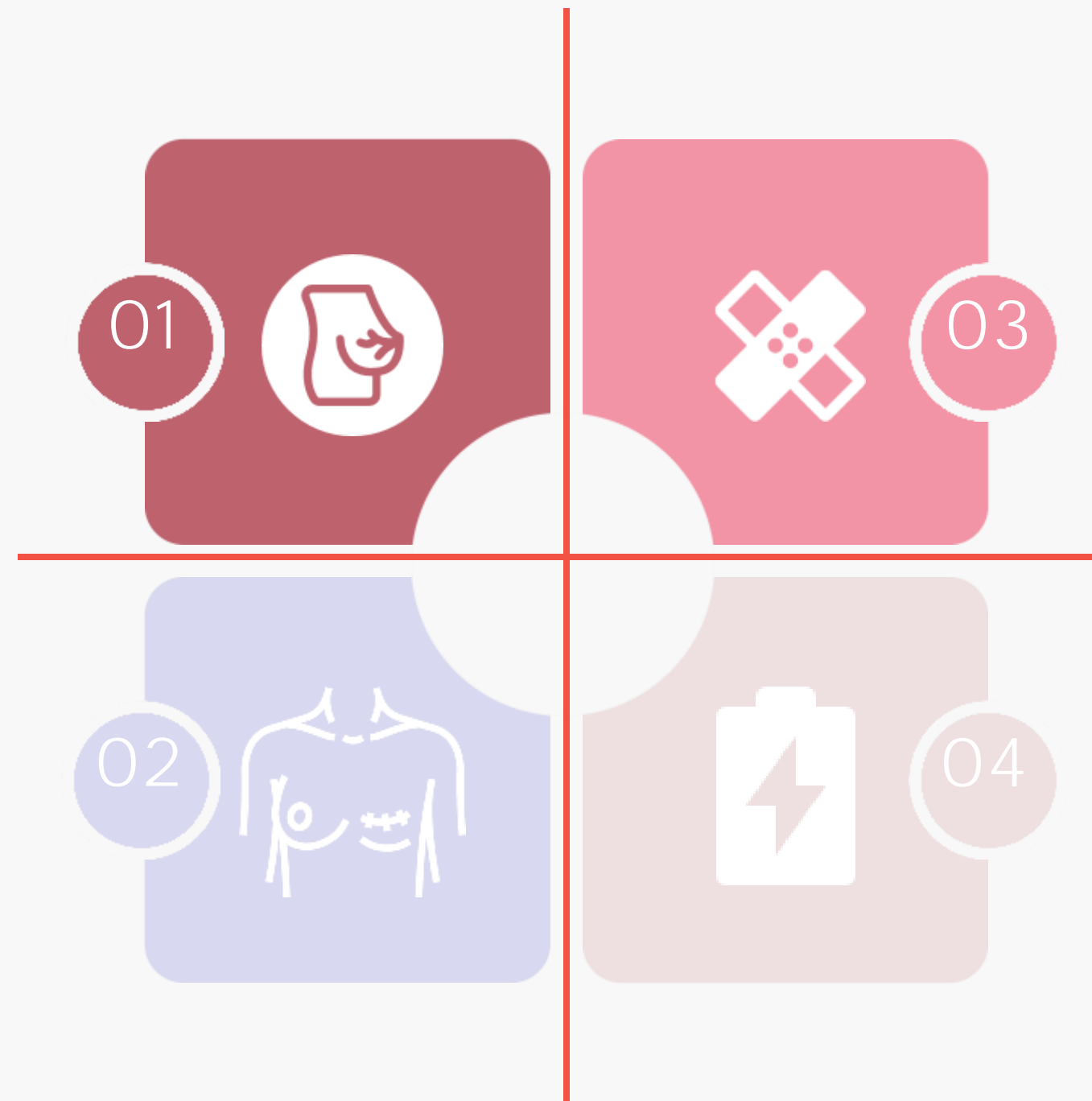
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ACUTE POST-OP (Healing)

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POST-OP (Recovery)

- Expect to feel Fatigue
- Prioritize what is Important
- Take Rests between Activities
- Accept Help from Friends and Family

TAKING CARE OF YOURSELF



ACTIVITIES OF DAILY LIVING

Showering

Managing drains
How to keep the incision clean



Dressing

Mastectomy bra
Front closures
Loose fitting shirts

Housework

Wait 4-6 weeks after surgery to resume heavy housework like vacuuming and washing floors



Driving

Pain medication and contraindications
Seat belts

Returning to Work

Everyone recovers differently
Time off from work
Consult your OT if you have concerns about your return to work



Lifting

Restrictions
Body mechanics

Do use your arm (surgery side) for daily activities

RECOMMENDED EXERCISES AFTER BREAST SURGERY

Try these exercises within days of your surgery. They help regain movement in your shoulder so that you can return to your daily activities.

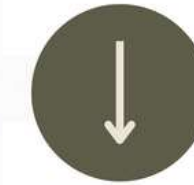
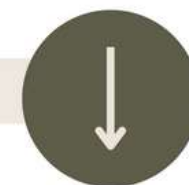
Perform these exercises every day for 4-6 weeks. When performing the exercises, dress comfortably, do them slowly and breathe deeply.

Perform 5 to 10 repetitions of each exercise, 2 to 3 times per day, unless otherwise directed.

HAND PUMPS

Make a fist and open your hand repeatedly on the side that you had surgery.

This movement helps circulation in the affected arm (the side of the surgery) and can be done throughout the day.



SHOULDER BLADE SQUEEZE

Open your chest and squeeze your shoulder blades together and down. Gently release back into starting position, remembering to breathe throughout the movement.



HOPE & COPE

All images used with permission from Physiotec



ARM LIFTS

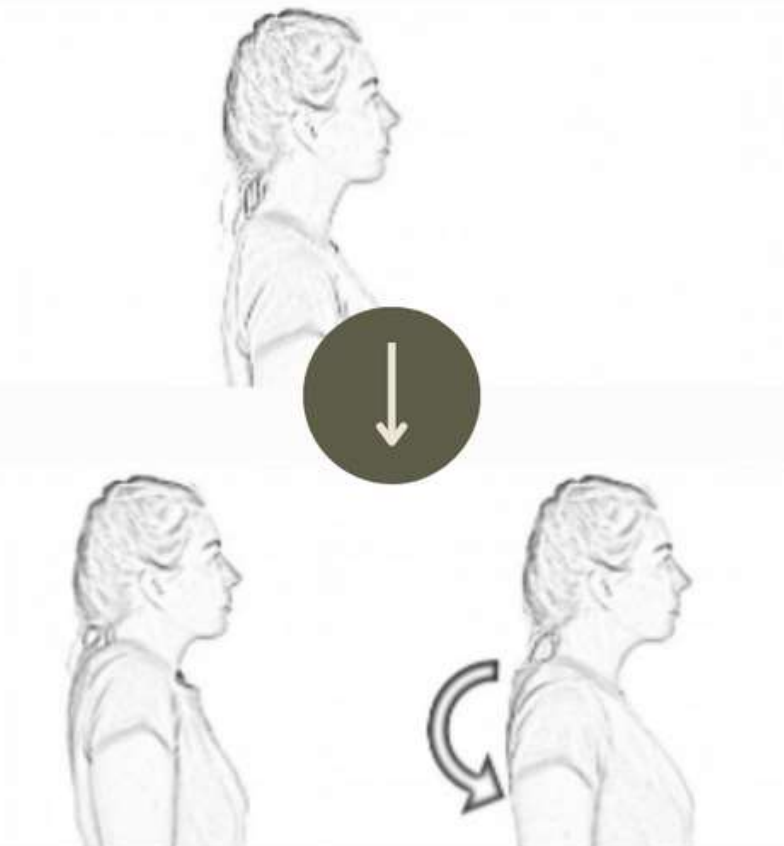
Lie on your back with knees bent.
You can also perform this exercise in standing, while leaning against a wall.

Hold a stick with hand at shoulder width. Raise the stick over your head as far as you can while keeping your arms straight.

Note: If you have drains in place, limit your range of movement to shoulder height (90 degrees) until the drains are removed.

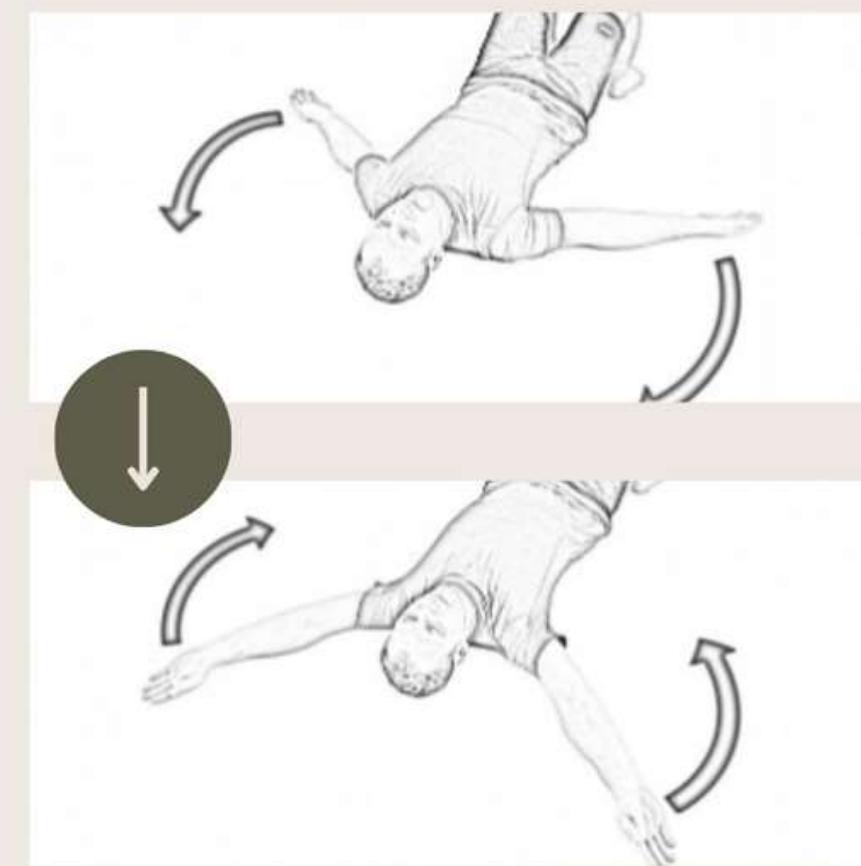
SHOULDER CIRCLES

Lift both shoulders up and then rotate them backwards and down, making a circle, squeezing the shoulder blades at the end of the movement. Repeat in the opposite direction



OTHER RESOURCES

For more detailed information on exercises after breast surgery, please refer to the Canadian Cancer Society's booklet (scan QR code to access).



SNOW ANGELS

Lie on your back with knees bent and arms to the side, palms facing up. You can also perform this exercise in standing, while leaning against a wall.

Slowly glide arms towards the ears, stopping when you feel a pull.

Note: If you have drains in place, limit your range of movement to shoulder height (90 degrees) until the drains are removed.

Scar Massage

Timing

Begin massaging once scar is healed (around 3-4 weeks) to improve elasticity of scar



Technique

Can use circular motion (top picture) or pinch/roll technique (bottom picture); can use cream/oil during massage, but not necessary



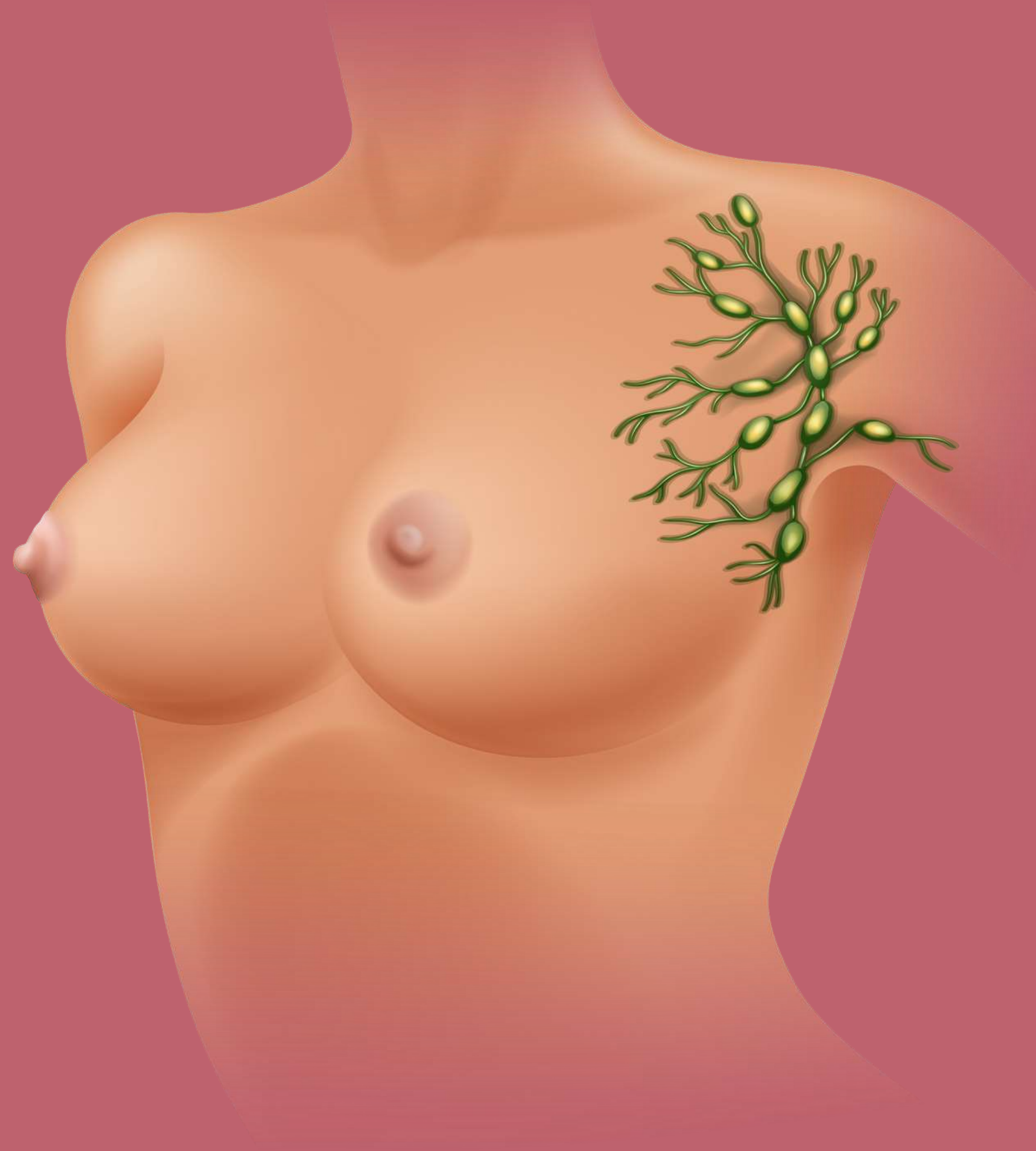
Axillary Web Syndrome

Cording

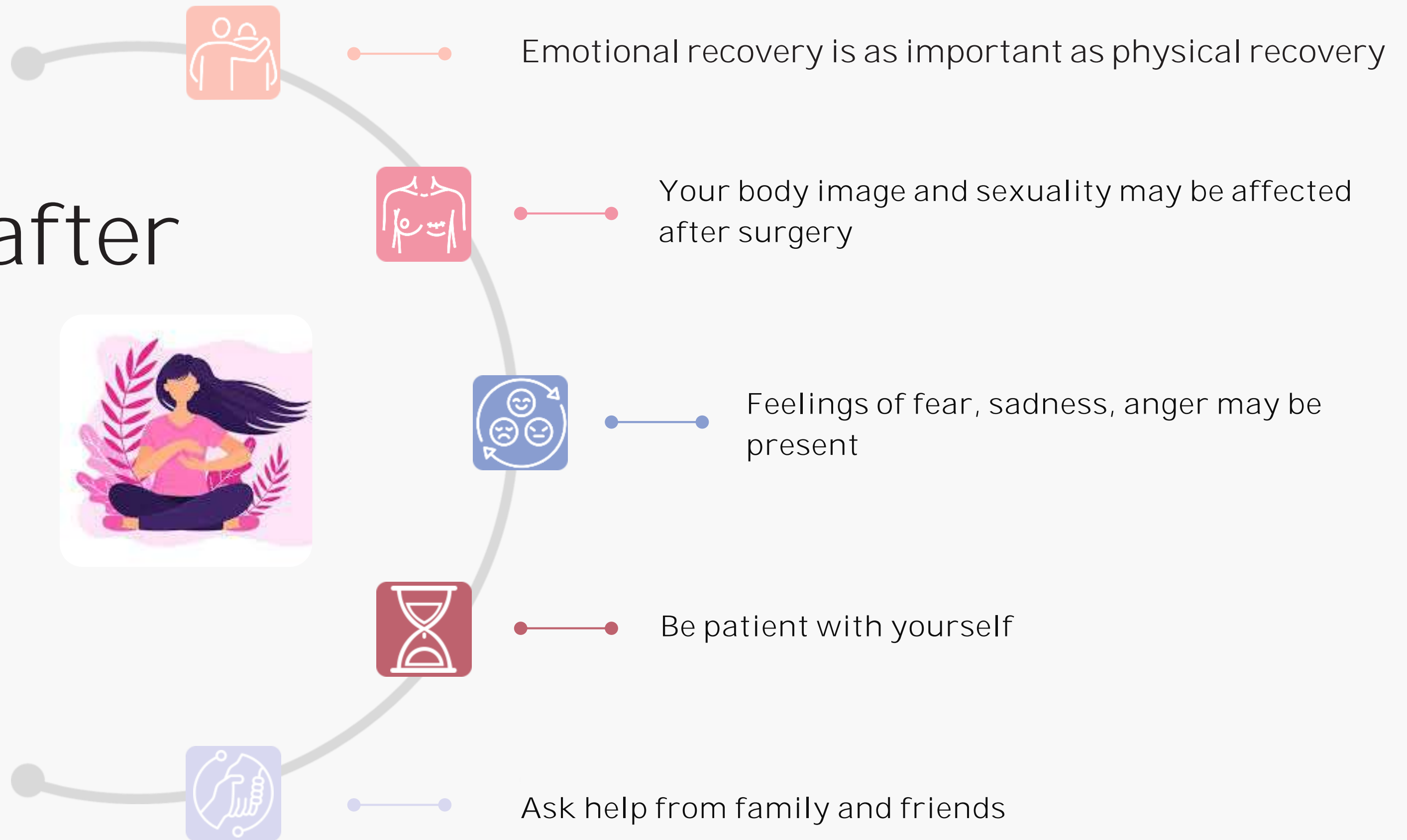
Feels or looks like a cord in the inner arm or armpit

Can be tight and painful

Contact physiotherapist for assistance and
targeted stretching exercises



Coping after Surgery



Body image, sexuality and relationships



Possible consequences:

- Difficulties with body image
- Feeling of betrayal or detachment to the body
- Feelings of guilt, frustration or sadness for one or both partners
- Isolation or fear of meeting new people
- Difficulties related to sexual function

Maintaining a healthy sexuality and strong relationships plays a crucial role in recovery and in returning to a fulfilling life after cancer. They support your emotional and physical **healing. If you're having** difficulties facing these **challenges, don't hesitate to** seek help.

EMOTIONAL SUPPORT

Resources

HOPE & COPE
hopeandcope.ca

FONDATION QUÉBÉCOISE
DU CANCER
cancerquebec.ca



FONDATION QUÉBÉCOISE DU
CANCER DU SEIN
rubanrose.ca

JGH PSYCHOSOCIAL
ONCOLOGY PROGRAM
igh.ca/care-services/segal-cancer-centre/oncology-interdisciplinary-teams/psychosocial-oncology-program/

CANADIAN CANCER SOCIETY
cancer.ca

Hope & Cope

- Wellness program - Individualized exercise and rehabilitation programs
- Peer support - Connection with a patient who has gone through same course of illness.
- Education & events - Public lectures and webinars
- Resources - Library, wigs, mastectomy bras, head scarves
- Look Good Feel Better - a cosmetic and skin care workshop.

Targeted support group programs

- Young Adult Program (18-39 yrs)
- Bereavement support
- Caregiver support

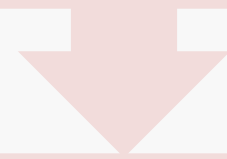


Next steps

Post op follow up



Incision assessment



Pathology results



Referral to oncologist/Radio-oncologist
If needed

Conclusion

Every one heals differently, give yourself time

Contact your health care team if you have signs of infection

Mention any changes after your surgery to any member of your health care team.

Remember that you are not alone in this journey

Experience Survey

On your surgical experience

Please fill out this anonymous satisfaction questionnaire about your oncology care related to surgery. This will allow us to improve your care based on your comments!



Scan here to
answer the
questionnaire



SOYEZ LE (LA) PARTENAIRE DE VOS SOINS

BE A PARTNER IN YOUR CARE

TELL US HOW YOU'RE FEELING BY FILLING OUT THE WELLNESS QUESTIONNAIRE

Filling out the survey will help your healthcare team better understand your physical and emotional health in order to coordinate a care plan and offer support that is customized for you!

- **IMPROVE YOUR QUALITY OF LIFE**
- **DECREASE SYMPTOMS**
- **IMPROVE COMMUNICATION WITH YOUR HEALTHCARE TEAM**

Please complete the wellness questionnaire before each appointment. You can access it via the email we sent you or by scanning the QR code. Your questionnaire results will be discussed at your next treatment visit.

**SCANNEZ LE CODE QR POUR ACCÉDER
AU QUESTIONNAIRE SUR LE BIEN-ÊTRE**
SCAN THE QR CODE TO ACCESS
THE WELLNESS QUESTIONNAIRE

Besoin d'aide? Veuillez contacter | Need support? Please contact
jgh.oncologysurveys.ccomtl@ssss.gouv.qc.ca

