

## PRE-OP INSTRUCTIONS FOR DIRECT TO IMPLANT BREAST RECONSTRUCTION

### FOLLOW-UP APPOINTMENTS / IMPORTANT TELEPHONE NUMBERS

- If you have an questions before your surgery in regards to surgery time, tests and paperwork, please call:
  - **Ana** – (Dr. Buchel’s Cancer Care Clinic Nurse) at **(204) 787 – 4193**
  - **Sarah** – (Dr. Hayakawa’s Cancer Care Clinic Nurse at **(204) 787 – 4194**
- Your follow-up appointments may be given to you before you leave the hospital. You will see the **Plastics Nurse in one week** and your **Plastic Surgeon in two weeks**. If it is not provided to you at the time of discharge, you can call the following numbers:
  - For patients of **Dr. Buchel** – please call **Tora** at **(204) 787 – 7224**
  - For patients of **Dr. Hayakawa** – please call **Mandy** at **(204) 787 – 7158**

The follow-up clinic for your doctor and nurse is located at: **800 Sherbrook Street in the Rehabilitation Hospital 4<sup>th</sup> floor** (take the Magenta Fox elevators up to the 4<sup>th</sup> floor).

- The nurse office hours are Monday to Friday, 8:00am to 4:00pm. If you have any questions or concerns after your surgery, and would like to speak to the Plastics Nurse Clinician, you may call them at the following numbers:
  - **Heather** (Dr. Buchel’s Nurse) – **(204) 787 – 8830**
  - **Laura** (Dr. Hayakawa’s Nurse) – **(204) 787 – 8829**

***For urgent concerns after hours, please call hospital paging at (204)787 – 2071 and ask to speak to the Plastic Surgery Resident on call OR come to the HSC Emergency Department.***

### BEFORE SURGERY

#### **GARMENTS**

- Please ***purchase a soft cup, wireless, front closing surgical bra*** prior to your surgery date.
    - You may use a current sports bra that you have at home, please keep in mind that there may be some minor swelling
    - We will provide you with a prescription for the bra if you have insurance coverage.
- \*\*\*Note:** The bras and binders are covered if you are on Social Assistance or Welfare. Please contact **Stephanie Howard** (Social Worker) at **(204)258 – 1004** for assistance with the paperwork.

- Garments may be purchased at the following locations, or any medical supply store.
  - **Diamond Athletics Medical Supplies Inc.**  
Suite 185 – 75 Poseidon Bay  
Winnipeg, Manitoba R3M 3E4  
(204) 488 – 7820  
[www.diamondathletic.com](http://www.diamondathletic.com)
  - **Steven’s Home Medical Supplies Store**  
SR140 – 700 William Avenue  
Winnipeg, Manitoba R3E 0Z3  
(204) 787 – 3532
  - **The Unexpected Gift**  
1116 Portage Avenue  
Winnipeg, Manitoba R3G 0S7  
(204) 890 – 6599  
[www.theunexpectedgift.ca](http://www.theunexpectedgift.ca)

## **PRE ADMISSION CLINIC**

Due to the length of the surgery, the Anesthesia Department reviews your chart prior to your surgery. If you have any pre-existing medical conditions the “**Pre Admission Clinic**” (PAC) will contact you to set up an appointment for an assessment approximately a week before surgery with the anesthetist. If you have not heard from this department, it means you are safe to have surgery and do not have any risks for an anesthetic.

## **THE NIGHT BEFORE SURGERY**

- **Do not consume any solid foods after midnight.**
- **You may drink clear fluids up until 2 hours prior to your arrival time.**  
(Examples: water, apple and cranberry juice, clear tea (no milk, cream, powder creamer), clear broth.
- Do not consume any alcohol 24 hours before your surgery.
- Please refer to pamphlet “*Adults preparing for Surgery at HSC*” for further information.

## **ON THE DAY OF SURGERY**

- Please cleanse the operative site with soap and water.
- Please remove any nail polish, makeup, and jewelry, including body piercings, and leave them at home.
- Bring your personal medications.
- Please refrain from bringing any valuables to the hospital. We are not responsible for any lost or stolen belongings.
- Bring your **Manitoba Health Card** and your **surgical bra**.
- Please register at the **Admitting Department 2 HOURS** prior to your scheduled time of surgery (near the 700 William Avenue entrance).
- Once you receive your patient identification bracelet, you will be directed to the **Day Surgery Area (MS3)** on the **3<sup>rd</sup> floor MS building** (Orange Bison Elevators 3<sup>rd</sup> floor).

## DAY SURGERY AREA (MS3)

- You will change into a hospital gown. All your belongings will be placed in a bag labeled with your name and transported to the ward you will be staying at.
- **Vital signs** (blood pressure, temperature, heart rate, oxygen saturation) will be checked.
- The nurse on MS3 will take a brief history and will make sure all the tests and paperwork are done and with your chart before surgery.
- **TED stockings** will be placed on your legs to prevent blood from pooling and forming clots in your legs.
- If the doctor has ordered any medications or antibiotics it will be given at this time.
- Family can stay with you in this area until you are taken to the operating room.
- ***Make sure to give the name of your contact person and let us know where and how to contact them during your operation.***

## OPERATING ROOM

When it is time for surgery, you will be transported on a stretcher to the **Pre-Operative waiting area** where you will meet your surgeon and anesthesiologist. Family is not allowed in this area they will be directed to the **Visitors Lounge** located on the **2<sup>nd</sup> floor of the Ann Thomas Building**.

### **You will then be transferred to the operating room where:**

- An **IV** will be established for administering medications and the anesthetic.
- **Leads** will be put on your chest to monitor your heart rate.
- A **breathing tube** will be inserted and you will be ventilated.
- A **catheter (foley)** will be inserted into the bladder.
- **SCD (sequential compression device)** will be applied over your support stockings. They are also used to prevent blood from pooling and forming clots in your legs. You will continue to wear them during your hospital stay until you are ambulating well.

## POST-SURGERY

Once your surgery is finished, you will be transferred to the **Recovery Room (PACU)**. Your family is not allowed in this area. However, there is a phone in the Visitor's Lounge your family/friends may use that is directly connected to the recovery room. They may use this phone to get an update of your status/condition.

- You are usually in the recovery room for **approximately 2 hours**.
- The breathing tube will be removed once your respiratory efforts are adequate.
- Once you are stable, you will be transferred back to **MS3** (Orange Bison zone, level 3) and **discharged the same day**.

## WHAT TO EXPECT POST-SURGERY

- You will have a **big bulky dressing** across your breast. Please keep this dressing on until your first follow-up with the nurse and sponge bathe until then.
- You will also have **drain(s)** in each reconstructed breast. (Normally your drains will be removed when the drainage in each drain is less than 30ml in a 24hour period).
- **Pain medication** and antibiotics will be available through your IV.
  - Once you are able to eat, it will be switched to pill form.
  - A prescription for pain/antibiotics medication will be given to you upon discharge.
- Your **breasts may seem very tight and sit high after surgery**; this is expected and may take up to 12 weeks for them to settle down, and for the breasts to soften up
- **Swelling reaches its peak at 48-72 hours post-surgery** and may take 3 months for it to disappear.
- There may be some **bruising and may take 2 – 3 weeks** for it to fade.
- Your sutures are dissolvable.

## RECOVERY PERIOD

- Please expect a **3 to 4 week** following direct to implant breast reconstruction. Returning to regular activity will depend on how you heal and different for everyone.
- If possible, we also suggest that you have someone with you at home for the first week after surgery to help with activities of daily living and meals. If you have any young children at home, please arrange for someone to help with childcare for a few weeks.
- It is **not uncommon to feel intermittent spasms of the pectoralis muscle or have shooting/zapping pains in your breast**. This is usually a sign the nerves and muscles are regenerating and repairing themselves.
- Your incision may appear puckered and pleated along the suture line. It will require time for the puckers and pleats to flatten out. Sometimes massaging the incision will help them settle. If these do not flatten out, your surgeon may be able to revise them.

## ACTIVITIES/RESTRICTIONS POST-SURGERY

- We ask you to **avoid smoking or be near any sources of second hand smoke** 6 weeks before and 6 weeks after your surgery. Smoking can increase the risks of complications during and after your surgery.
- It is important to do short periods of light activity and walking 5 – 6x per day to prevent blood clots.
- You may climb stairs.
- You may drive as long as you are not on narcotics and feel safe to drive (usually around 2 weeks)

### Day after surgery to end of week 2 ...

- **Take it easy** for the first few weeks.
- **No exertional activity/sports.**
- **Take short walks** several times a day to prevent blood clots from forming.
- **Do not lift anything heavier than 5 pounds / 2 kilograms**
- **Keep the initial dressing on from surgery and sponge bathe** until your first follow-up with the nurse.
- **Keep your elbow below your shoulder.** It is ok to move your arms around to brush your hair or to reach for something, as long as your elbows are below your shoulders.
- **Sleep on your back** with pillows propped up behind you (this position is usually more comfortable on your chest, and help your implants stay in good position while they heal).
- **Take pain killers and antibiotics as they are prescribed.**
  - You may switch to an extra strength Tylenol when you feel better.
  - It is ok if you run out of antibiotics. We do not put you on antibiotics for long term unless there are any signs and symptoms of infection. If you notice any signs of infection, please seek medical attention.
- **Do not remove steri-strips over your incision.**

### End of week 2 ...

- You may start to sleep on your side, or when you feel comfortable to do so.
- Continue to wear your bra 24/7
- **Do not lift more than 10 pounds / 5 kilograms**
- **No restrictions on shoulder movement.** Your elbows may be above your shoulder.
- Keep the steri-strips on your incision.

### End of week 3 ...

- You may sleep without a bra (once your surgeon says it is ok). Please wear one when you are up and walking for 6 weeks.
- **No exertional activity/sports**, brisk walking is ok, no upper strength body training.
- Continue to wear your surgical bra.
- **Do not lift more than 10 pounds / 5 kilograms**

### End of week 6...

- **No restrictions** on activity and exercise start slowly and listen to your body. If you find an activity or exercise is painful or sore... stop, and gradually return to it when you feel comfortable.
- **You may now wear a wired bra.**
- You may go without a bra when you are up and about.
- Please wear a supportive sports bra when you are exercising.
- If you are still finding limitations in your movement, please contact us and we will set up physiotherapy.
- You may resume sexual activity.

### OTHER:

- You may need further surgery for revisions (ex/ scar revisions, fat injections etc...). This will be discussed at your follow-up appointments with the surgeon.
- If no revisions are needed you may get a **3-dimensional nipple/areolar tattoo** in 3 months. Please book with either Melissa (Dr. Buchel) or Mandy (Dr. Hayakawa).

## POST OP COMPLICATIONS

- There are risks associated with any surgery. *General surgical complications include bleeding, infections, wound healing complications, etc.*
- Please be aware there is a very small chance the breast implant may not be inserted at the time of the surgery after they have completed to mastectomy due to poor circulation of the mastectomy skin. They will insert a drain at the time of surgery and book a second surgery around 3 weeks once the circulation increases to the mastectomy skin.
- There is a risk of developing blood clots during and after surgery. A **DVT** ( Deep Vein Thrombosis) is a clot that develops in a deep vein in your body. It can be dangerous if it breaks off and travels to the lungs. A clot in the lungs is called a **Pulmonary Embolism** and can be life threatening. If you develop any pain and tenderness in your legs or arms, or any sudden chest pain or shortness of breath, you are advised to return to the hospital immediately for assessment and treatment.
- There is a chance of requiring a blood transfusion because of this type of surgery. Patients that have had neo-adjuvant chemotherapy are at a higher risk of requiring a blood transfusion.

## DISCHARGE INSTRUCTIONS

- You will be **discharged the same day**. Your stay may be prolonged if the doctors are concerned about your discharge.
- A discharge instruction booklet will be given to you when you leave hospital. You will usually have at least two follow up visits with the plastics team within 2 weeks of being discharged.
- The follow up clinic is staffed by Plastic Surgeons, Nurses, Resident Doctors, and Physician Assistants. Medical students also attend the clinics. The clinics can run late so please always allow for extra time for parking. Your patience is appreciated as this clinic sees large volumes of cancer and traumatic injury patients.