

HOW TO CARE FOR YOURSELF AT HOME AFTER THE OPERATION



EATING AND DRINKING:

- Eat and drink normally, as tolerated.

PAIN MANAGEMENT:

- Take pain relief tablets, as recommended/as required.
- Take any other medication given to you, as recommended.

COMPLICATIONS:

- If you experience:
 - severe pain not helped with the medication provided, eg. Panadol;
 - fever;
 - a wound with any of the following: looks red; feels hot and tight; feels painful; is leaking fluid,
 please contact one of the following:
 - the Emergency Department where you had your operation;
 - your surgeon's rooms;
 - the Breast Care Nurse, or
 - your GP.

RECOVERY:

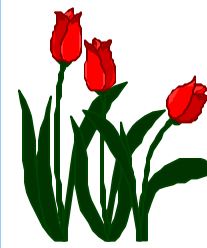
- You should avoid driving until advised by your doctor.
- Gradually resume normal activities.
- Do not do any heavy lifting, housework or vigorous sport until advised by your doctor.
- Your doctor will advise you about returning to work/sport.
- Most importantly, take care of yourself & do what makes you feel comfortable!

FOLLOW UP:

- A follow up appointment will be made and details given to you prior to discharge.

BREAST CARE NURSE:

- The Breast Care Nurse will be available to provide you with up to date information, counselling and support throughout your hospital stay, and after discharge if required. She will maintain confidentiality at all times.



PATIENT CARE PATHWAY FOR BREAST SURGERY: DAY PROCEDURE

This Patient Care Pathway outlines a guide to the expected care and treatment that you may receive while you are in hospital for your breast surgery, and following discharge from hospital. Please note that this is only a guide, and that care and treatment may be altered according to how you recover from your operation. Each woman is treated as an individual and the type of surgery and responses to treatment may vary from woman to woman. During your care please feel welcome to invite a support person to attend consultations with members of your care team.

Your operation may be a day procedure (where you go home on the same day) or involve an overnight stay. This often depends on the type of operation and the time that it is performed.

PROBLEMS AND CONCERNS

At anytime if you have a query or concern in regard to your emotional or physical health, or special requests for your hospital stay or your care plan, please talk to one of your health care team (listed below). This will enable the care team to organise appropriate assistance to meet your needs.

THE NAME OF YOUR OPERATION IS: _____

HEALTH CARE TEAM

- Your care team is:

(To be completed by you or a member/s of the health care team when admitted to hospital)

TITLE	NAME	CONTACT NUMBER
Surgeon		
Resident Doctor		
Anaesthetist		
GP		
Nurse Unit Manager		
Breast Care Nurse		
Physiotherapist		
Social Worker		
Other		

KEY CONTACT PERSON

(To be completed by a member of the health care team before you are discharged from hospital)

Following discharge from hospital your key contact person for support and ongoing needs is:

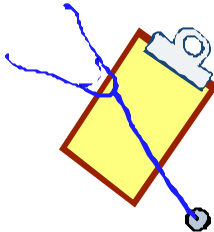


TITLE	NAME	CONTACT NUMBER

USEFUL CONTACT NUMBERS

If you are having problems contacting your local Breast Care Nurse, contact:

- **The Regional Breast Care Nurse** - Ph: **(03) 5441 6850** between 9am & 5pm
- **Cancer Council of Victoria** - Ph: **13 11 20 (toll free)** between 9am & 5pm, Mon-Fri.
- You will be given a list and contact numbers of support groups & trained volunteers available in your area.



<u>DAY</u>	Before your operation	After your operation	Before your discharge from hospital
<p>Treatment Observations</p> 	<ul style="list-style-type: none"> • You may be instructed to go to either your GPs surgery or the hospital's pre-admission clinic where you may have: <ul style="list-style-type: none"> ➢ blood tests, and ➢ a heart tracing (ECG). • Your doctor will examine you and explain your operation and anticipated recovery. • You will be given appropriate information about breast surgery to read. • Your Breast Care Nurse may visit you to provide further information/education about your surgery. • A physiotherapist may see you. • On admission to hospital: <ul style="list-style-type: none"> ➢ your weight will be measured; ➢ your blood pressure, pulse, temperature and respiration will be recorded, and ➢ you may be transferred to the Xray Department to have a small wire (called a guide wire) inserted into your breast to assist the surgeon in finding the breast lump during your operation. 	<ul style="list-style-type: none"> • Your blood pressure, pulse, temperature and respirations will be measured often for the first few hours and then less often during the rest of your stay in hospital. • You will receive pain relief if required. This may be given in the form of: <ul style="list-style-type: none"> ➢ injection, and/or ➢ oral analgesia (tablets/syrup). • Please let your nurse know if you have any pain or discomfort. • You may have: <ul style="list-style-type: none"> ➢ a drip in your arm to give you fluid and any medication if needed; ➢ a drain tube in your wound site which helps to drain out excess fluids. The nurses will measure frequently the amount of drainage coming out and change the bottles as required. The drain tube will be removed as ordered by your doctors, usually when drainage is minimal, and ➢ a dressing over your wound that will be checked and changed, as necessary. 	<ul style="list-style-type: none"> • You will be seen by your doctor before discharge • Your doctor will explain: <ul style="list-style-type: none"> ➢ how and when you will receive the results from the pathology results performed during surgery, and ➢ any further treatment or follow up care, as needed. • The Breast Care Nurse may: <ul style="list-style-type: none"> ➢ visit you as needed (please discuss any needs or worries with her); ➢ reinforce what your doctor told you; ➢ answer any questions/queries, and ➢ provide discharge education. • You can expect some bruising to appear on your chest/breast. Please notify a member of the health care team if the wound becomes: <ul style="list-style-type: none"> ➢ swollen; and/or ➢ painful; and/or. ➢ tight.
<p>Diet Elimination Activity</p> 	<ul style="list-style-type: none"> • Before the operation: <ul style="list-style-type: none"> ➢ inform your doctor if you are on any medication and he/she will advise you about which medications to continue or discontinue. • At home: <ul style="list-style-type: none"> ➢ keep as active as possible; ➢ you will not be able to eat or drink for 6 hours before the operation; ➢ don't drink any alcohol or smoke for 24 hours before your operation, and ➢ shower before you go to hospital (do not use deodorant). 	<ul style="list-style-type: none"> • You may: <ul style="list-style-type: none"> ➢ need to rest in bed for 2-4 hours after your operation; ➢ be able to drink and eat (as tolerated) 1-2 hours after your operation, or when you are fully awake; ➢ be able to go to the toilet, with help from the nurse; ➢ have a wash, and ➢ have family members/support person present after you wake up. 	<ul style="list-style-type: none"> • You can expect to: <ul style="list-style-type: none"> ➢ be able to eat and drink normally; ➢ be able to go to the toilet as desired; ➢ require some assistance from your nurse to wash; ➢ be independent and self caring, (but remember that assistance is available if needed); ➢ have some discomfort associated with the surgery, and ➢ feel emotional, anxious and/or concerned, if so, please talk to a member of the care team. • You will be able to have visitors, unless you request otherwise.
<p>Discharge Preparation</p> 	<ul style="list-style-type: none"> • Your Breast Care Nurse will be able to: <ul style="list-style-type: none"> ➢ provide further information about future treatment; ➢ make referrals when practical assistance is required, eg. with child minding, travel concerns etc, and ➢ provide emotional assistance for you and your family. • If you have concerns please discuss them with your doctor/nurse/Breast Care Nurse so that help can be arranged. Concerns may include: <ul style="list-style-type: none"> ➢ managing when you go home, eg. showering, cooking, housework, home maintenance and child care; ➢ financial difficulties, and/or ➢ any other problems. 	<ul style="list-style-type: none"> • Your Breast Care Nurse will be able to: <ul style="list-style-type: none"> ➢ provide further information about future treatment; ➢ make referrals when practical assistance is required, eg. with child minding, travel concerns etc, and ➢ provide emotional assistance for you and your family. • If you have concerns discuss them with your doctor/nurse/Breast Care Nurse so that help can be arranged. Concerns may include: <ul style="list-style-type: none"> ➢ managing when you go home, eg. showering, cooking, housework, home maintenance and child care; ➢ financial difficulties, and/or ➢ any other problems. 	<ul style="list-style-type: none"> • Before you go home you should get: <ul style="list-style-type: none"> ➢ a follow up appointment; ➢ a letter for your local doctor; ➢ medication to take at home, if needed, and ➢ information from the Breast Care Nurse. • You will have to organise someone to collect you from hospital on discharge. • Please discuss with staff any further problems or concerns about managing at home after discharge.