

Breast Cancer Support Visitor Program

If you have had an operative procedure for cancer, there is a volunteer visiting program (known as “Bosom Buddies”) available to you during this difficult time. The program, organized through the Canadian Cancer Society, provides emotional support and information about services available to you if you require further treatment. To access the program after you have been discharged from hospital, contact the Cancer clinic at (250) 558-1200 extension 1235. The staff at the clinic will put you in contact with a visitor.

When Should I Call My Surgeon?

Call your surgeon’s office, or if you are unable to make contact, go to the hospital emergency department if you develop:

- **increasing** pain that is **unrelieved** by pain medication
- excessive redness on or around your incision(s)
- increasing swelling in the incision
- increasing drainage from the incision
- a fever of 38.5°C or 101°F or higher
- foul odour from the drainage

Follow up Appointment in _____ days

Make an appointment to see

- | | |
|---|--|
| <input type="checkbox"/> Dr. Crowley (250) 545-6443 | <input type="checkbox"/> Dr. G. Hwang (250) 545-6443 |
| <input type="checkbox"/> Dr. H. Hwang (250) 545-2288 | <input type="checkbox"/> Dr. Wiseman (250) 545-6443 |
| <input type="checkbox"/> Dr. Ainslie (250) 545-6443 | <input type="checkbox"/> Dr. Langer (250) 545-6443 |
| <input type="checkbox"/> Dr. Demetrick (250) 545-6443 | <input type="checkbox"/> Dr. Taves (250) 545-6443 |

Healthlink BC

Dial 8-1-1

Hearing Impaired Dial 7-1-1

Talk to a Nurse 24 hours/day, 7 days/week

Pharmacist available between 5 p.m.–9 a.m. daily

Dietitian between 9 a.m.–5 p.m.–Monday to Friday

www.healthlinkbc.ca



Interior Health

Discharge Information Following Breast Surgery

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Phone: 250-545-2211

Surgical Procedure Performed

- Lumpectomy Mastectomy _____
- Axillary Node Dissection Other _____

If you have any questions or concerns, please discuss them with a nurse.

If you have had a daycare surgery, you **must** be accompanied home by a responsible adult. You are **not allowed** to drive. If you take a taxi home, an adult **must** be with you.

If you have had a general anesthetic, a responsible adult **must** stay with you after your surgery and overnight.

You **must not** drive or operate heavy machinery for at least 24 hours following anesthetic.

Do not drink alcohol for 24 hours following surgery as it will increase the effect of the anesthetic. **Do not** drink alcohol while taking narcotics for pain control.

Follow the instructions given to you by your Doctor. Take medication for pain as ordered.

Discomfort

Depending on your procedure, you will likely experience discomfort in the operative area over the next week. You may also have some bruising in the incision. If you have had a mastectomy or axillary node dissection, numbness may also be present along the inside of the affected arm or under the arm.

Your surgeon may prescribe pain medication. If you have pain, take the medication as directed. If you did not get a prescription, you can take a mild pain reliever such as Tylenol Extra Strength or Tylenol # 1.

If the dressing is not too bulky, wearing a good supportive bra without underwires may be helpful.

Your nurse will indicate which of the following applies to you.

Is Bathing Allowed?

- A drain and/or gauze dressings—**sponge bath only**
- No drain, a clear waterproof dressing or a Band-Aid, may shower.
Avoid rubbing the incision(s). Pat dry with a towel.

Caring for Your Incision

- Dressing is clear and waterproof—do not disturb the dressing.
- Dressing is a Band-Aid—change the Band-Aid after showering.
- Gauze dressing. Do not disturb the dressing. Sponge bath only.

If there is a need for Community Care Nursing it will be arranged for you. (You will be asked to attend a clinic at the community office.)

Going Home with a Drain

If there is a drain, there may be some redness where the drain enters the skin. (The length of time the drain is in place varies.)

At discharge, the nurse will show you how to empty and record the amount of fluid collected.

To empty the Jackson Pratt Drain:

- Wash your hands.
- Open the drain plug and pour the drainage into a clean container.
Be careful not to touch inside portion of the plug.
- Reactivate the drain by squeezing it.
- Replace the plug with the other hand while still squeezing the bulb.
- Measure and record the amount of fluid.
- Rinse out the measuring container with tap water and empty the fluid down the toilet.
- Wash your hands.

Bring the record of the drain output to your follow up appointment

Activity

Do not:

- lift, push or pull anything that requires an effort
- use a hot tub or go swimming until you have seen your surgeon in a follow up appointment

Depending on the operative procedure performed, the physiotherapist will review an exercise program prior to discharge.