



Exercises after your operation— A physiotherapist will see you the day after surgery.

Shoulder and arm exercise will start before the removal of your drain tubes, your physiotherapist will guide you with them.




Clasp hands together in front of your chest, keeping your elbows in. Using your strong arm to assist, stretch both arms out at shoulder height and then return to your chest.




With your head upright and hands clasped behind your neck, stretch backwards. Hold this position while counting slowly to five.

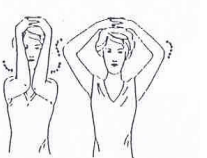
2.




Clasp hands together in front of your chest, keeping your elbows in. Using your strong arm to assist stretch up slowly. Try to straighten your elbows and stretch your arms above your head while keeping your back straight and head upright. Return to your chest.



Elbows bent by your sides, hands pointing forwards, turn your hands out to the side keeping your elbows close to your body



Clasp hands together in front of your chest, keeping your elbows in. Using your strong arm to assist, stretch up slowly and allow your clasped hands to rest on your head. Slowly and gently bring your elbows together and then stretch your elbows backwards.

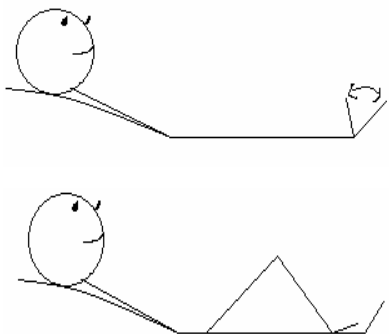


Finger walking up the Wall
Stand facing the wall and as close as possible to it. Rest both hands together, stretch your hands upwards by walking your fingers up the wall.

These exercises should be commenced as soon as you wake up on the day of your operation.

1. Exercises for Circulation

- Bend feet up and down. Repeat 10 times every hour.
- Circle feet in as large a circle as possible. Repeat 10 times every hour
- Bend one knee upwards, keeping the heel on the bed, slide it down again, repeat with the other . Repeat 5 times every hour.



2. Breathing and Coughing

- Deep breathing: When sitting or lying, place your hands on the sides of your lower ribs. Breathe deeply making sure your ribs move under your hands. Relax, and breathe out slowly. Repeat 5 times every hour.
- Huffing to assist coughing: Breathe deeply and huff on outward breath. Repeat twice every hour.
- Coughing: Breathe in deeply and cough. Repeat once every hour.

Discharge Advice

- 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.
- 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
- Your GP
 - Your surgeons rooms
 - Emergency department.



Activity After Discharge

- Around the House** You should gradually return to normal activities You should not do any heavy lifting (eg shopping bags baskets of wet washing) Heavy housework should be avoided, eg. vacuuming, moving furniture.
- Return to Work** This depends on the type of work you do. You should discuss this with your doctor.
- Driving** You should avoid driving until advised by your doctor.
- Sport** Resumption of sporting activities is variable. You should discuss this with your surgeon and/or local doctor.



Disclaimer: This patient pathway is intended as a guide only. As each patient is an individual and responds differently, the care plan may alter. If you have questions, please discuss with your Doctor or Nurse



PATIENT PATHWAY FOR BREAST SURGERY



INFORMATION FOR YOU . . .

The following information will be discussed with you in the Pre-Admission Clinic.

Date of Admission to Hospital:

You will need to telephone the Day Procedure Unit on (03) 5381 9265 between 1.00 p.m. and 3.00 p.m. on:

You will need to stop eating and drinking at least 6 hours before your admission time. You may have a couple of sips of water up until 2 hours before your admission.

You will need to shower at home on the morning of your operation.

You will need to remove all jewellery (your wedding ring may be left on). **All rings on operated side should be removed.**

BEFORE YOUR SURGERY YOU NEED TO TAKE:

Your Own Medication(s): to be taken with a sip of water on the morning of your operation, unless advised.

When you come into hospital bring your:

- Own medications (tablets / drops / inhalers) you are taking. These will be continued whilst you are in hospital.
- Eye glasses and /or hearing aids if you use them.
- Toiletries, night clothes (3-4 changes), sanitary pads.
- Do **not** bring a large amount of money, jewellery or valuables.

Admission / Discharge Arrangements:

- Please come to Hospital Reception at your admission time.
- You will be expected to stay in hospital for 3 – 7 days (depending on your operation). Discharge time is 10.00 a.m.
- Before you come into hospital please make arrangements for someone to drive you home on discharge.
- It is best to limit the number of visitors you have for the first 2 days after your surgery.

YOUR CHECK LIST . . .

The following checklist is to assist you in preparing for your admission to Hospital.

Confirm Admission by phoning 5381 9265 the day before your operation:

Date: Time:

Confirm Fasting Time

Nothing to eat or drink from: Time:

Shower at home on the morning of your operation: no powder, no deodorant, no make-up, no nail polish. Wedding ring ONLY. **No rings on operated side.**

BEFORE YOUR SURGERY YOU NEED TO TAKE:

Your Own Medication(s): taken as directed

Do not take your:

Do you have your:

- Own medications
- Eye glasses and / or hearing aids
- Toiletries, night clothes.
- Patient Pathway (this document)







Admission / Discharge Arrangements:



- Arrangement made for family / friend to take you home on discharge from hospital.
- Present to Hospital Reception on your admission.

Your Health Care Team

- Your Surgeon:** Mr Kitchen or Mr Campbell Lister House Clinic 5382 0011
- Resident Doctor:** _____
- General Practitioner:** _____
- Breast Care Nurse:** _____ Yandilla Ward 5381 9255, (leave message).
- Physiotherapist:** _____ 5381 9333
- Social worker:** _____ 5381 9385
- Cancer Help Line:** 13 11 20 (cost of a local call excluding mobiles) Grampians Breast Care Services: www.whg.org.au



	At Pre-Admission	Day of-Admission / Operation
Treatment and Observations 	You will: <ul style="list-style-type: none"> be assessed by a doctor for the anaesthetic have your blood and urine tested may have an electrocardiograph (ECG) have your blood pressure, pulse, oxygen levels and weight measured 	<ul style="list-style-type: none"> You will be admitted to the Day Procedure Unit and transferred to a ward after your operation. Your surgery will take at least 1-2 hours from when you go into theatre. You will have your blood pressure, pulse and oxygen levels measured on admission, and then frequently for the first 24 hours. You will also be weighed. You will be seen by the Anaesthetist. You will have a drip in a vein, to give you fluids and pain relieving medication. You may have oxygen for the first 24 hours.
Medication 	Pre-Admission Clinic staff will: <ul style="list-style-type: none"> discuss and give you written information on pain management : patient controlled analgesia (PCA) or intravenous infusion review your current medication discuss anaesthesia 	<ul style="list-style-type: none"> Before surgery you may be given an injection / tablet to help you relax You will be given a drip or injections with painkillers for 24-48 hours after your surgery. It is important that you tell the nurses if you have pain. You may have a small injection to thin your blood and prevent blood clots each day while you are in hospital..
Nutrition 	<ul style="list-style-type: none"> You will be instructed to have nothing to eat or drink for 6 hours before your surgery. You may take sips of water up until 2 hours before admission to hospital. 	You will: <ul style="list-style-type: none"> be given nothing to eat or drink before and for 4 hours after your operation. be able to have ice chips 4 hours after your operation and sips of fluid as you feel up to it, building up to free fluid intake.
Activity	You will be given: <ul style="list-style-type: none"> instructions on gentle exercises to do following your surgery. pamphlet on lymphoedema instructions on exercises for the operated arm 	You: <ul style="list-style-type: none"> will rest in bed until the anaesthetic has worn off may be assisted out of bed later in the day of your surgery
Personal Care	You will be advised: <ul style="list-style-type: none"> in regard to showering before your operation to give up smoking before the operation to help reduce any risks association with smoking 	<ul style="list-style-type: none"> Shower at home before admission to hospital. (Do not use deodorant). After your operation you will be given a wash in bed. Firm stockings will be put on your legs after your operation to reduce the risk of blood clots.
Bladder and Bowel Care 		<ul style="list-style-type: none"> Your urine will be measured while you have an IV drip running. You will be asked each day by nursing staff about you bowel function.
Wound Care 	You have consented to the following operation: <ul style="list-style-type: none"> Breast surgery with axillary surgery <input type="checkbox"/> Breast surgery without axillary surgery <input type="checkbox"/> (Specific care of this operation has been colour highlighted to assist you.)	<ul style="list-style-type: none"> You will probably have two drain tubes coming from your wound site to remove blood from the surgical site. You may not require a drainage tube. The nursing staff will check the dressing to make sure it is not leaking. The drainage will be measured regularly.
Discharge and Education	The nurse will: <ul style="list-style-type: none"> discuss the length of stay in hospital 1—3 days without axillary surgery You will usually stay in hospital until the drain is removed, this may be up to 7 days. Increasing patients are going home with drains in place with daily visits from District Nurses discuss plans for your discharge give you information on what to expect after surgery A Breast Care Nurse will contact you. The Breast Care Nurse will be able to: <ul style="list-style-type: none"> provide information about your surgery make referrals when practical assistance is required provide emotional assistance for you and your family 	If you have concerns please discuss them with your Doctor / Nurse / Social Worker / Breast Care Nurse, so that help can be arranged.

Day 1 After Your Operation	The following days after your Operation	Discharge Day
You will: <ul style="list-style-type: none"> have your blood pressure, temperature and pulse measured 4 times a day have the oxygen ceased if your levels are satisfactory be visited by your doctor 	You will: <ul style="list-style-type: none"> have your blood pressure, temperature and pulse measured 4 times a day. be visited by your doctor. The surgeon will normally have results back from the lab after 4 working days. They will then be discussed with you. 	<ul style="list-style-type: none"> Your length of stay may be 1–3 days Your length of stay may be up to 7 days. It may be possible for you to go home with the drains still in. You will have your blood pressure, temperature and pulse measured You will be visited by your doctor.
	<ul style="list-style-type: none"> You can have pain relieving injections or tablets. Tell nursing staff about your pain, don't let it get too bad. 	The Pharmacist: <ul style="list-style-type: none"> will visit and discuss discharge medication Discharge medications will be provided, including pain relief medicine. If you brought medications in with you, they will be returned to you prior to going home.
<ul style="list-style-type: none"> It is quite usual to feel sick for a day or two after surgery. Tell the nurse if this happens so you can have medication to stop it. Normal fluid intake and a light diet is usually commenced on the day after your operation. 	<ul style="list-style-type: none"> You should be able to eat and drink normally. If you do feel sick, tell the nursing staff. 	You should be able to eat and drink normally.
<ul style="list-style-type: none"> You will be able to walk short distances, which you may slowly increase as you feel fit. The physiotherapist will visit you and start you on some gentle shoulder exercises Do not forget to do your bed exercises. 	<ul style="list-style-type: none"> Increase the amount of walking you do each day. The physiotherapist will give you a brochure, giving instructions on your arm and shoulder exercises which you will need to do at home as instructed. 	<ul style="list-style-type: none"> You should gradually increase the amount of walking you do each day
You will: <ul style="list-style-type: none"> be assisted with a wash by nursing staff, you will be able to go to the bathroom if you feel able. need to still wear the firm stockings until you are walking regularly. 	You will: <ul style="list-style-type: none"> be able to shower, nursing staff will remove your dressing for the shower. 	You will: <ul style="list-style-type: none"> be showering independently and self caring.
<ul style="list-style-type: none"> Drainage from your drainage tubes will be measured each day. When the drainage amount decreases sufficiently the drainage tube will be removed. The drain may need to stay in for 7 days. 		An appointment will be made for you at Lister House Clinic for removal of stitches / staples: Date: Time: The nursing staff will: <ul style="list-style-type: none"> Give you a wound pamphlet to explain wound care for when you go home.
Nursing staff will: <ul style="list-style-type: none"> assess you for Post Acute Care Services to see if you need any help when you go home discuss the length of stay in hospital discuss plans for your discharge. A Social Worker will see you. The Social Worker will be able to; <ul style="list-style-type: none"> Provide information about support services, income support, travel claim forms and accommodation options if required. Provide emotional support to you / and your family. 	<p><i>This patient pathway is a guide to the care you will have during your stay in hospital. However, sometimes it may not be possible to follow the pathway exactly, due to complications or perhaps your particular condition does not fit .</i></p> 