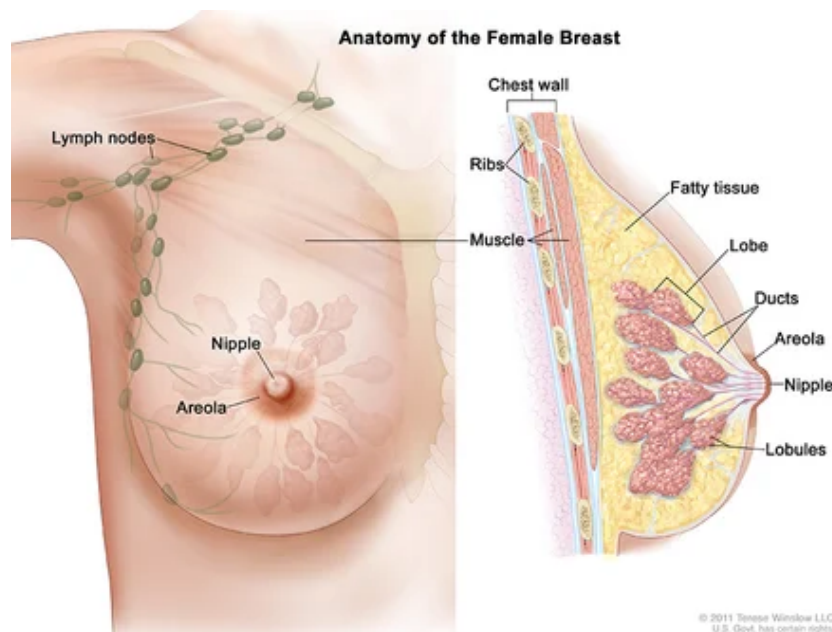




Partial and Total Mastectomy (Operations for Conditions of the Breast)

Understanding the different types of Breast Tissue



- The human breast is made of three primary types of tissue: glandular tissue (lobules and ducts that make and move milk), fibrous connective tissue (which holds everything in place), and fatty tissue (which gives the breast its size and shape)
- Glandular Tissue: Contains lobules (milk-producing glands) and ducts (tiny tubes that carry milk to the nipple).
- Fibrous Tissue: Acts as a supportive network or connective matrix that keeps the internal structures secure.
- Fatty Tissue: Fills the spaces between the ducts, glands, and fibrous framework. Fat dictates overall breast softness and size

What conditions require a partial or total mastectomy

- Breast Cancer: Tumors like invasive ductal carcinoma or ductal carcinoma in situ (DCIS) often require a partial removal (lumpectomy) or total removal (mastectomy) to get rid of the cancer cells.
- High Genetic Risk: People with high-risk gene mutations, such as BRCA1 or BRCA2, or a very strong family history of breast cancer, may choose a preventive (prophylactic) mastectomy.
- Phyllodes Tumors: These are rare tumors that start in the connective tissue of the breast. Even when non-cancerous (benign), they can grow very large and require removal of part or all of the breast.
- Giant Fibroadenomas: These are large, harmless (benign) lumps that can grow quickly and take up most of the breast, sometimes requiring surgical removal.

Before Your Surgery

- No food or drink after midnight unless otherwise instructed
- The following medications usually need to be held before the operation.
 - Anticoagulation (Aspirin, Brilinta, Eliquis, Coumadin, Plavix, Xarelto, ect). Discuss specifics with your surgeon and staff.
- Shower the night before or morning of surgery
- Wear loose-fitting clothing
- Arrange transportation home. Someone will need to stay with you the night of the operation.

Cosmetic Considerations after Your Surgery

- PARTIAL MASTECTOMIES (lumpectomies) - the post-op appearance of the breast is generally unchanged and in most cases the patient does not notice that breast tissue has been removed.
- TOTAL MASTECTOMY - Some patients are interested in having a breast reconstruction, while others prefer not to. It's all about what feels right for each individual. A plastic surgeon will handle the reconstruction. If that's not an option, a post-mastectomy bra can be fitted with a prosthetic breast to help create symmetry when out in public.

After Your Surgery

- Walk frequently beginning the day of surgery
- Advance diet as tolerated; initially choose lighter meals
- Do Not lift objects heavier than 10–15 pounds for THREE weeks (or as directed)
- Keep incisions clean and dry.
 - You may shower the day after surgery
 - Do NOT soak the incision in water (pools, tubs, baths, ect) for 3 weeks
- Most patients return to desk work within several days and more strenuous activity in 1-2 weeks, depending on recovery

Drain care and maintenance (not all operations require a drain)

- The bulb drain and the tubing will cause minor irritation to the skin at its entry point. A triple-antibiotic ointment may be helpful.
- The fluid that is collected in the drain is normal body fluid that you secrete and then reabsorbs. In the recovery period, we need to remove this fluid from under the skin to allow the incision to heal properly.
- Immediately after the operation, larger volumes of fluid are released. The drain is needed to remove this larger volume from underneath the incision.
- After the fluid in the drain has decreased (over days or weeks) to less than 30ml in a 24h period, the drain can be removed. The body is capable of reabsorbing 30ml or less, so the drain is no longer needed. It will be removed in the office during a post-op appointment.

Date	Time	#1	#2	#3	#4	Total &/or Comments
1/15/2020	AM	30	26			56 Red
EXAMPLE	PM	25	18	-	-	43
24 Hr Total		55	44			99
	AM					0
	PM					0
24 Hr Total						0
	AM					0
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24 Hr Total						0
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	PM					0
24 Hr Total						0

- Keep a record of your Bulb-drain output so it can be removed at the appropriate time.
- Emptying the drain is shown in pictures below, or at the following YouTube website - <https://www.youtube.com/watch?v=79CXsZx8ABw>



Diet

- You have no dietary restrictions after the operation. Your appetite may take a day or two to return to normal
- Stay hydrated.

Normal After Surgery

- Mild fever up to 100.5°F. Fever Greater than 101.5°F (38.6°C) should be reported to your surgeon.

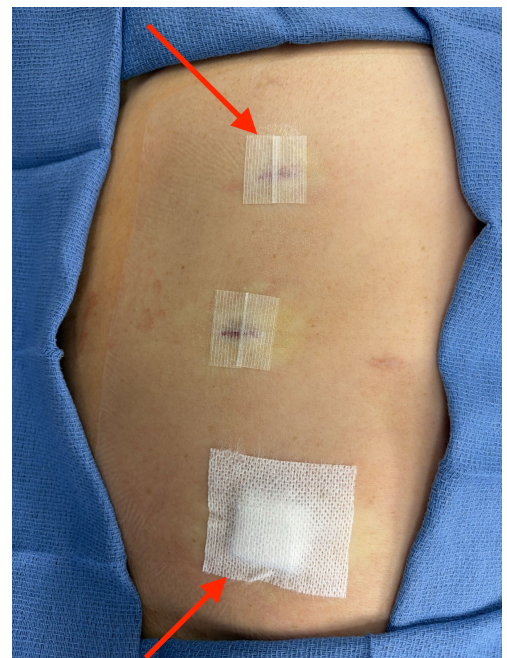
Incisions

- Bruising around the incision is normal
- You will feel a bump under the incision. This is scar tissue and will soften and flatten after 1-2 months

Bandages

- STERI-STRIPS:
 - The top layer of bandages can be removed after 24 hours. This is a large square of tape. Underneath this bandage are smaller bandages called stern-strips
 - Steri-strips will usually fall off after 10 days. If they have not fallen off after 14 days, peel them off yourself.
 - You can shower with stern-strips in place.
- DERMABOND
 - This is a thin layer of glue over the incision. It will flake off after 7-10 days but it can also require gentle removal with your fingernail after 14 days.

Steri-Strips



Top layer - bandage/gauze

Constipation

- Constipation is common after general anesthetic and during the use of pain medication.
- If you do not have a bowel movement within 48h after your operation, take laxatives
 - Mirilax 17mg powder twice daily until constipation has resolved

Physical Restrictions

- Do not lift anything over 10 pounds for THREE weeks after your operation
- Do not exercise within THREE weeks of your operation
- After THREE weeks, you can begin light cardiovascular exercise such as walking or an elliptical machine

Call JRK Surgical If You Experience

- Fever greater than 101.5°F (38.6°C)
- Increasing redness, swelling, or drainage from an incision
- Persistent nausea or vomiting
- Worsening abdominal pain

Seek Emergency Care Immediately For

- Chest pain
- Shortness of breath
- Heavy bleeding
- Loss of consciousness