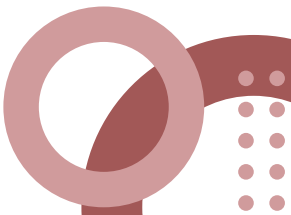


After my Surgery Checklist

Immediately After the Surgery :

- You will wake up in the Post Anesthesia Recovery Unit with a blood pressure cuff, an IV, and other monitors attached to you. Monitoring in this unit typically lasts for up to 2 hours.
- You will have received pain medication during surgery, so you should not feel much pain when you wake up.
- Most women do not experience significant pain after surgery, but mild painkillers will be prescribed if needed.
- You will have one or more post-operative drains in place.
- You should wear a supportive bra (preferably front-opening) after your surgery during the day.

The day after your surgery :

- You will be able to eat a regular diet and resume normal activities.
 - You will receive instructions for drain care, and a physiotherapist may visit you to discuss post-surgical exercises.
 - The dressing will be removed the day after your surgery.
 - You will most likely be discharged the day after your surgery.
- 

Caring for yourself a day after surgery:

- **Rest and Activity:**

Surgery can be tiring, so while you will be able to perform most of your routine activities, make sure to take a few periods of rest throughout the day.

- **Pain Management:**

Most women do not experience much pain after surgery, but mild painkillers will be prescribed if needed.

- **Dressing and Hygiene:**

The dressing will be removed the day after your surgery.

You should take a bath daily and gently pat the surgical site dry with a separate clean towel.

- **Supportive Garments:**

Continue wearing a well-supporting bra (preferably front-opening) or a front-opening sports bra after your surgery.

- **Seroma Care:**

Sometimes fluid may collect at the surgical site, forming a seroma.

If this becomes uncomfortable, contact your doctor's office.

- **Exercise:**

Continue doing shoulder exercises three times a day, as tolerated.

This helps prevent stiffness.

- **Activity Restrictions:**

Avoid any activity that causes your breasts to bounce for 2 weeks after surgery, such as running, jumping, or using the elliptical machine at the gym.

- **Bathing and Swimming:**

Do not soak in a bathtub or go swimming until you have discussed these activities with your surgeon at your post-op appointment.

- **Follow-Up and Communication:**

You will have a post-surgery appointment 10 days after your surgery.

If your pathology results are ready before this appointment, you will receive them over the phone.

- If you have any concerns before your post-op appointment, call your surgeon's office.

When to Contact Your Surgeon's Clinic:

- **Increased redness around the surgical site.**
- **Bleeding or foul-smelling discharge from the surgical site.**
- **Fever above 100°F (37.8°C).**

These are general instructions applicable to all breast cancer patients. If indicated, the surgeon will give you instructions specific to you.