

## **MASTECTOMY +/- AXILLARY NODE CLEARANCE**

### **MR CICHOWITZ**

It is recommended that you observe the following instructions:

1. Activity Restrictions –
  - Exercise should be increased as tolerated but avoid heavy lifting (> 10 kg) or straining for at least a month.
  - Avoid driving a car for 1 week
  - Avoid reaching your arm above head height til reviewed by Mr Cichowitz
2. A Waterproof dressing has been applied to your suture line, which should remain intact for at least 5 days.
3. You may be discharged with a drain tube insitu. When applicable, arrangements will be made for a nurse from Hospital in the Home (HITH) to check the drain tube on a daily basis. It is important to take care of this tubing as directed, and report any complications immediately.
4. You may experience some pain – if no pain relief medication has been prescribed, you may take Panadol or Panadeine and Nurofen which are available over the counter from any chemist. While taking medication for pain, it is important to drink at least 2 litres of fluids as some medications can cause constipation. If this becomes a problem, you may require aperients, which can be obtained from any chemist without a prescription.
5. Please report any of the following to your Surgeon
  - Temperature above 38°
  - Excessive pain
  - Redness near your suture line
  - Swelling under the arm pit or at site of surgery
6. A review appointment will be arranged for you to see your Surgeon.
7. Continue to wear your TED stockings until you are fully mobile

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Should you have any other concerns, Mr Cichowitz can be contacted on 5721 4366 or ring Wangaratta Private Hospital on 5723 0950