



INFORMATION BOOKLET

MASTECTOMY

PART B

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8. THE MONTHS PRECEDING THE SURGICAL PROCEDURE

8.1 PREOPERATIVE QUESTIONNAIRE

The preoperative questionnaire completed upon opening your file is valid for a period of six months. After this period, for safety reasons, we will ask you to complete it again.

AT ANY TIME BEFORE YOUR PROCEDURE, NOTIFY US IF:

- You notice a change in your health status.
- Your life situation changes — our team will work with you to help you get the necessary resources.
- You have a bacterial or viral infection — ask your attending physician to send us their consultation report clearly mentioning the details of the infection and treatment.
- There are changes to your current medication — please provide us with an updated list from your pharmacy.

8.2 PREOPERATIVE EXAMINATIONS

A resting electrocardiogram with interpretation will be required if you are 60 years old and over. You must provide us with the results of this test, including tracing, at least two months before the date of your surgical procedure. Please note that this is valid for four months.

After analysis, additional examinations may be requested. If applicable, be sure to send us the results as quickly as possible to avoid postponing the date of your surgical procedure.

8.3 PREOPERATIVE MEDICATION

MEDICATIONS TO BE CONTINUED



At all times, before your surgical procedure:

- continue taking your hormones,
- continue taking your antidepressants and neuroleptics,
- take acetaminophen without risk (Atasol®, Tylenol®, Doliprane®, Efferalgan®, paracetamol).

MEDICATIONS TO STOP

It is your responsibility to check whether or not the medicines you are taking contain any of the products mentioned below. If in doubt, consult your attending physician or pharmacist. You are asked to stop these medications to avoid any risk of complications.

As soon as you receive the call confirming your date of surgery, stop taking retinoids (Accutane®).

Some natural products have effects on the liver that can alter liver enzymes and therefore increase the risk of bleeding. Due to the lack of scientific data on post-operative complications possibly linked to the use of natural and homeopathic products, we recommend that you discontinue them.

Two weeks before the surgical procedure, stop:

- natural health products,
 - homeopathic products,
 - garlic capsules,
 - vitamin E.
- You can continue to take multivitamins and vitamins A-B-C-D.

Ten days before the surgical procedure, stop:

- acetylsalicylic acid (Aspirin®) and any other product containing acetylsalicylic acid,
- anti-inflammatories (**unless otherwise advised by your attending physician or surgeon**) such as: ibuprofen, Advil®, Celebrex®, Indocid®, Motrin®, Naprosyn®, Orudis®, Vioxx®, Voltaren®, etc.,
- cold and flu medications such as Tylenol Sinus®, Advil Sinus®, cough syrup, etc.

8.4 ALCOHOL

Alcohol increases the risk of bleeding during surgery. Mixing alcohol and medications can also cause unpredictable side effects. Stop all alcohol consumption **two weeks before and three weeks after** the surgical procedure.

8.5 TOBACCO

Stop smoking cigarettes or electronic cigarettes containing nicotine and nicotine substitutes (Nicorette® or others) **at least six weeks before and eight weeks after** your surgical procedure.

The nicotine and toxic substances in these products can constrict small blood vessels and therefore:

- slow down the healing of your wounds and thus increase the risk of infection,
- increase the risk of respiratory problems and pneumonia after the procedure,
- cause nausea or vomiting and excessive coughing when you get up, which increases the risk of bleeding after the surgical procedure.

8.6 CANNABIS

Please refer to the Cannabis section of **Booklet A** for information regarding cannabis.

8.7 BODY MASS INDEX (BMI)

During your pre-operative assessment, you may have been given a weight goal. To optimize results and reduce the risk of complications, we ask you to maintain this goal and to inform the nurse in charge of your file of any changes.

Please note that if your BMI is greater than 40 on the morning of surgical procedure, your surgeon may postpone your surgery.

Please refer to the BMI section of *Mastectomy* **Booklet A**.

9. PREPARING FOR YOUR RETURN HOME

Below we have compiled a list of items you will need to make your return home a little easier. This will allow you to focus your energy on your care.

9.1 ITEMS TO OBTAIN

Here are the items to bring with you if you are staying at a hotel before or after your surgery. They will be necessary for your care.

Items for surgery preparation:

- Electric razor (clippers); there are some that sell for between \$15 and \$25,
- Chlorhexidine sponges or soap for preoperative showers, →

If you travel by plane, please make sure the quantity is allowed in your carry-on.



Items for the postoperative period:

- A thermometer.
- Mild, fragrance-free soap such as Dove® or Ivory®.
- Loose-fitting shirts or tee-shirts,
- Non-sterile, 4 x 4 compresses (gauze) for wound care.

Get a tube of cream with vitamin E or silicone gel for massaging the scars, or silicon strips to leave at home.

You will leave our facility with a compressive elastic bandage that you will keep around your torso for one month. If you wish, you can replace it with a compressive vest with front closure once you return home.

9.2 OTHER ELEMENTS TO PROVIDE

Loose clothing and slip-on shoes for your comfort and to facilitate your return home.

Meals and snacks: cook meals, freeze them, and buy non-perishable food so you don't have to cook when you return home.

Housekeeping at home: you will be limited in your movements and how much weight you can lift. Plan some help with your household chores.

Transportation and planning for someone to escort you home:

You must be accompanied when leaving our establishment.

Please note that you will not be able to drive while taking narcotics for pain relief.

Ask a family member or friend to be available to help if needed. This person will be able to accompany you on your trips and, if necessary, provide support with your personal care and daily activities.

Return to work and notify your employer: the convalescence period varies depending on the nature of your job and the surgeon's assessment. Sick leave can last from four to six weeks. It is important to notify your employer of this. If you want a letter justifying a period of sick leave, request it after your surgery.

10. PACKING YOUR SUITCASE

10.1 SMALL WHEELED SUITCASE

Your suitcase must be a carry-on size and **weigh no more than 10 kg (22 lb)**. We ask you to follow this instruction for the following reasons:

- Risk of injury to you or our staff when handling luggage that is too heavy or too bulky,
- Restricted space in the care unit's rooms,
- Risk of falling: floors must remain clear.

10.2 PERSONAL ITEMS TO BRING

- For identification purposes:
 - RAMQ health insurance card (if you reside in Quebec),
 - **or** health insurance card from your province,
 - **or** passport (if you do not reside in Canada).
- Inhalation pump and inhalation chamber, if applicable.
- Glasses or contact lenses, lens case and solution, if applicable.
- Dental prostheses and containers, if applicable.
- Hearing aids and case, if applicable.
- Personal medication must be properly identified and must be kept in its original containers.

10.3 DOCUMENTS TO BRING

- Updated list of your medications. Ask your pharmacist for this list.
- For people who are not Canadian residents: the "Medical Services Contract" and the "Governing Law and Jurisdiction Agreement" form. If you are a non-resident patient of Canada and have not received this document, please contact us at 1 514 288-2097.

The Centre Métropolitain de Chirurgie is not responsible for the loss, damage, or theft of personal belongings. Do not bring large sums of cash. Leave jewelry and valuables at home.

11. THE DAY BEFORE THE SURGICAL PROCEDURE

11.1 CHANGE IN YOUR HEALTH STATUS

The day before your surgery, if you have a fever (temperature higher than 37.5 °C) or flu-like symptoms, diarrhea or vomiting, please notify quickly the nursing staff at 1-514-332-7091, ext. 232. You can leave a message by voicemail.

11.2 SHOWER THE DAY BEFORE THE PROCEDURE

You **must** take a shower the day before **and** the morning of your procedure.

To reduce the risk of infection and the number of bacteria on your skin during the operative and postoperative periods, you must use the chlorhexidine sponges or soap that you bought to wash the area to be operated on.

Be sure to carefully follow the instructions provided with the product and avoid contact with your eyes, ears and genital areas. After showering, **do not apply lotion or cream to your skin.**

11.3 FASTING

You must **fast from midnight** the day of your surgical procedure, meaning you should not consume any solid or liquid food, **including water**. Avoid chewing gum or sucking candy. However, you can brush your teeth and rinse your mouth.

11.4 ARTIFICIAL NAILS, NAIL POLISH AND PIERCING JEWELRY

Remove artificial nails and nail polish since the colouring of your nails is a good indicator of the oxygen level in your blood. In addition, the device used to measure your oxygen level may have difficulty reading the results if your nails are covered with nail polish, even if it is transparent, or if you have artificial nails.

You **must** remove all your piercings due to the risk of burns during the procedure. Please note that the surgeon can refuse to proceed with the surgery if you refuse to remove them. However, body piercings can be temporarily replaced by silicone piercing jewelry, except for those located on the face and neck, and in the mouth, which must be removed.

12. THE MORNING OF THE SURGICAL PROCEDURE

12.1 PREOPERATIVE HAIR REMOVAL

- **WHEN**

Before the preoperative shower on the morning of surgery and a **maximum of 12 hours** before the procedure.

- **AREA**

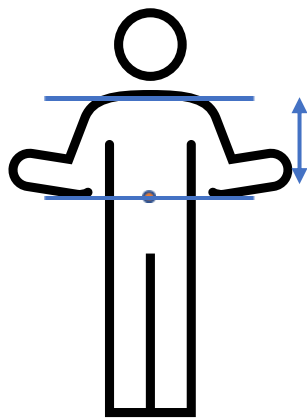
Remove hair from the area to be operated on: from the upper torso to the navel, including the armpits.

- **METHOD**

Use an electric razor. There is no need to shave close to skin. 1 mm of hair may remain. However, please make sure you do not leave more than 1 mm, otherwise you will have to shave again upon arrival, which will add delays to your surgical procedure.

Hair removal with wax or razor blades is prohibited. Depilatory cream must be avoided because of the risk of skin reactions.

The nursing staff will check the shaved area before your surgery.



Area to shave: from the upper torso to the navel, **including the armpits.**

12.2 SHOWER ON THE DAY OF SURGERY

You must take another shower the morning of the surgical procedure and wash the area to be operated on with the chlorhexidine sponge or soap.

After showering, **do not apply lotion or cream to your body.**

12.3 PERSONAL MEDICATION

Your inhalers must be used the morning of the surgical intervention even if you usually only use them as needed.

Your regular medications, (including diabetes, heart and blood pressure medications), will be administered to you after assessment of our clinical team upon admission the morning of the procedure. **You must therefore bring your personal medication with you to admissions.**

If the nursing staff authorizes you to take your usual medication the morning of your procedure, you can take it with only a sip of water.

Therefore, do not take any medication before meeting the nurse responsible for your admission. If you have questions, you can contact the administrative assistant in charge of your file at 1 514 332-7091.

13. YOUR STAY AT THE COMPLEXE CHIRURGICAL CMC

13.1 ADMISSION

A member of the GrS Montréal administrative team will inform you one week before your surgery of the time you will be expected to arrive. On the morning of your surgical procedure, you will be greeted by a member of the nursing staff who will complete a preoperative checklist with you and answer any questions you may have.

Please note that the time of your admission **does not correspond to the time of your surgical procedure**, since the latter cannot be accurately confirmed. After your arrival in our facility, you may have to wait one to few hours before your surgery, depending on the day's operating schedule.

On admission, you will be asked to sign a form guaranteeing that you will be accompanied on discharge, otherwise you may risk having your surgery cancelled.

13.2 MEDICAL CONSULTATION

The morning of your surgery, you will meet your anesthesiologist and surgeon. They will answer your last questions before your surgical procedure.

13.3 PREMEDICATION SPECIFIC TO YOUR SURGICAL PROCEDURE

Approximately two hours before your surgery, the nursing staff will administer premedication in the form of tablets which will reduce postoperative pain as well as the risk of nausea and vomiting.

13.4 OPERATING ROOM

You will be taken to the operating room by a member of the care team.

When you arrive at the operating room, members of the surgical team will verify your identity and the information in your medical file. For safety reasons, we will ask you to confirm your identifiers several times.

For information on anesthesia, please refer to *Mastectomy* booklet, Part A.

13.5 RECOVERY ROOM AND DAY SURGERY UNIT

Immediately after the surgical procedure, you will be transferred to the recovery room for approximately 30 minutes. At this time, it is normal to experience nausea and vomiting that are possible side effects of anesthesia. The nursing staff will administer medication to manage your pain and provide continuous monitoring.

You will then be transferred to our day surgery unit or to a room in the care unit for approximately two hours.

13.6 YOUR ACCOMPANYING PERSONS

Your accompanying persons will not be allowed to follow you into the operating room. They can wait for you in the waiting room.

On arrival at the day surgery unit or your room in the care unit, your loved ones will be authorized to visit you. To respect the peace and privacy of other patients, only one person at a time is allowed at your side. If patients' peace and quiet is not respected, we will be obliged to intervene and may ask to minimize the visiting time.


During your stay, no meals will be served to your loved ones. Please ask our staff about nearby restaurants.


13.7 MEDICAL LEAVE

You will be allowed to leave the CMC on the same day as your surgery once your pain is well-controlled and you have been able to urinate once. You will return either home or to our partner hotel, if you live more than two hours from our facility. You will receive your discharge prescription including information about post-operative care at home.

You will not be authorized to leave our facility without a person to accompany you.

999, rue De Salaberry,
Montréal (QC) H3L 1L2

 514 288-2097

 514 288-3547

www.grsmontreal.com