



DECEMBER 2019

MASTECTOMY

INFORMATION BOOKLET

PART B

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INTRODUCTION PART B

This section contains information about the process of your surgery and how to prepare for it. It also contains numerous tips about hygiene, mobility, and pain relief. These recommendations will help you recover faster and make your convalescence easier.



5 THE MONTHS PRECEDING YOUR SURGERY

5.1 HEALTH QUESTIONNAIRE

The health questionnaire completed when your file was opened is valid for a six month period. After this time, for security reasons, you will be asked to fill it out again.

AT ALL TIMES, BEFORE YOUR SURGERY, LET US KNOW IF:

- You notice a change in your health status;
- Your life situation changes – our team will work with you to mobilize the necessary resources;
- You develop a bacterial or viral infection – ask your attending physician to forward your consultation report to us and to include details about the infection and treatments;
- There are changes with your current medication – please provide us with an up-to-date list.

5.2 PREOPERATIVE EXAMINATIONS

A resting electrocardiogram will be required if you are 40 years old and over. You must provide us with the results at least two months before the date of your surgery. Please note that these test results are valid for a four month period.

Following the analysis, additional examinations may be required. In such case, be sure to send us the results as soon as possible to avoid postponement of your surgery.

5.3 PREOPERATIVE MEDICATION

At all times, before your surgery:

- Continue to take your hormone therapy treatment;
- Continue to take your antidepressants and antipsychotics.

Please note that taking acetaminophen is allowed prior to a surgery; you may take it as needed.

MEDICATIONS THAT SHOULD BE STOPPED

It is your responsibility to determine whether the medications you are taking contain any of the products listed below. If in doubt, consult your physician or pharmacist.

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

Two weeks before your surgery, stop taking

- Natural health products;
- Homeopathic products;
- Vitamins, supplements, and minerals;
- Products containing garlic (allicin).

The consumption of fresh/raw or cooked garlic is not recommended.

10 days before your surgery, stop taking:

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

5.4 ALCOHOL

Completely stop drinking alcohol two weeks before and three weeks after your surgery. The combination of alcohol and medications can cause unpredictable adverse reactions.

5.5 TOBACCO

Your surgeons will recommend that you stop smoking cigarettes and/or electronic cigarettes containing nicotine and stop using nicotine products at least six weeks before and eight weeks after your surgery. Nicotine and other toxic substances in tobacco can narrow small blood vessels and therefore:

- slow the healing of your wounds, increasing the risk of infection;
- increase the risk of respiratory problems and pneumonia after surgery;
- cause nausea, vomiting, and coughing fits which increase the risk of bleeding after surgery.

Nicotine substitutes (Nicorette®, etc.) are also contra-indicated during this period as they have these same adverse effects.

5.6 CANNABIS

Cannabis can be consumed for medical purposes with a prescription. Its use may be permitted in certain circumstances. However, smoking cannabis has effects on the respiratory system and may be detrimental to your postoperative recovery. As no study has confirmed a safe threshold for cannabis use during the preoperative and postoperative periods, the safest approach is not to consume any. If you use cannabis to relieve a health problem, please discuss this with your surgeon.

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PREPARING YOUR RETURN HOME

We have listed below several things to plan for and items to procure to facilitate your return home. Preparing in advance will allow you to concentrate your energy on your convalescence and care.

6.1 ITEMS TO PURCHASE AND TO LEAVE AT HOME

The following items will be important for your home care and can be purchased easily at a pharmacy:

- 1 thermometer to check your temperature when needed;
- 1 package of 4 x 4 non-sterile compresses;
- 1 tube of silicone gel or vitamin E cream for massaging your scars;
- 1 elastic support bandage.

6.2 OTHER ELEMENTS TO PREPARE

Loose clothing and easy slip-on shoes: Have these on hand for your comfort and to ease your return home.

Meals and snacks: Prepare and freeze meals; purchase non-perishable food items so that you do not have to cook upon your return home.

Housekeeping: Your movements will be limited and there will be restrictions on the amount of weight that you can lift. You will likely need help with your housekeeping activities.

Transportation and planning for a companion to accompany you for your return home: You must be accompanied when leaving our establishment.

Ask a family member or friend to be available when needed: This person can accompany you should you need to move about or run errands and, if necessary, offer support with your personal care and daily activities.

Return to work and notifying your employer: The convalescence period is four to six weeks and may vary depending on the nature of your work. It is important to notify your employer. If you would like to have a letter justifying a sick leave, request one after your surgery by going to the GRS Montréal consultation office located on the ground floor of the Complexe chirurgical CMC.

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PREPARING YOUR SUITCASE

7.1 A SMALL SUITCASE ON WHEELS

- Bring a small carry-on type suitcase of dimensions of about 23cm x 40cm x 55cm (9" x 15.5" x 21.5") and of a maximum weight of 10 kg (22 lbs).
- Please note that after your surgery, you will not be able to lift objects heavier than 4.5kg (10 lbs).

7.2 PERSONAL ITEMS TO BRING

- For identification purposes:
 - health insurance card from the RAMQ (if you live in Quebec),
or health insurance card from your province,
or passport (if you are from outside of Canada);
- Inhalers and inhalation chamber, if applicable;
- Glasses and/or contact lenses, contact lens case and contact lens solution, if applicable;
- Dentures and container, if applicable;
- Hearing aids and case, if applicable.

7.3 DOCUMENTS TO BRING

- The three parts of this information booklet (Parts A, B, and C).
- Up-to-date list of your medications issued by your pharmacist.
- For patients who are not Canadian residents: the “Contract for Medical Services” and the “Governing Law and Jurisdiction Agreement”. If you are not a Canadian resident and you 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 a large amount of cash with you and leave your jewelry and valuables at home.

8 THE DAY BEFORE YOUR SURGERY

8.1 YOUR SHOWER THE DAY BEFORE THE PROCEDURE

You must take a shower the day before your procedure. In order to reduce the risk of infection and reduce the amount of bacteria on your skin during the operative and postoperative periods, you must use a chlorhexidine-based sponge or soap to gently wash the area to be operated on. This product is available in pharmacies.

Be sure to carefully follow the instructions provided with the product and avoid contact with the eyes and ears.

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

8.2 FASTING

You must fast as of midnight the night before surgery. Do not ingest any solid food or liquid, including water. Avoid chewing gum or sucking on candy. You can, however, brush your teeth and rinse your mouth.

If you have a fever on the day before your surgery, or if you have the flu, diarrhea, or if you are vomiting, promptly notify the CMC nursing staff at 514 332-7091 extension 211. You can leave a voicemail if necessary.

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THE MORNING OF YOUR SURGERY

9.1 PREOPERATIVE SHAVING

The hair-removal zone must include the torso and the armpits, and must extend to the navel. Hair removal must be done on the day of surgery and up to a maximum of 12 hours before the procedure. Eliminate hair with a depilatory cream (Veet, Vichy, Kloraine, etc.), which can be obtained in pharmacies. Follow the instructions on the product and ask your pharmacist for more information. If your skin reacts to the product, shave with an electric razor (choose a trimmer-type razor to shave the hair rather than uproot it).

Wax and blade razors are forbidden. A nurse will check your shaving before your procedure.

9.2 YOUR SHOWER ON THE DAY OF SURGERY

You must take another shower on the morning of your surgery to wash the area to be operated on with chlorhexidine-based soap. Do not apply lotion or cream to your skin after the shower.

9.3 PERSONAL MEDICATION

Inhalers must be taken on the morning of surgery even if you normally only use them when needed.

Your regular medication, including medication for diabetes, heart, and blood pressure will be administered as directed by the anesthesiologist **after the anesthesiologist's evaluation to determine whether you should take your medication or not.**

If you are authorized to take your usual medication on the morning of your procedure, you may do so with one sip of water only.

Do not take any medication until you have met with the anesthesiologist. If in doubt, you can check with the CMC nursing staff at 514 332-7091 extension 211.

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YOUR STAY AT THE CENTRE MÉTROPOLITAIN DE CHIRURGIE

10.1 ADMISSION

One week before your surgery, a member of the GRS Montréal team will inform you of the time that you will be expected at Centre Métropolitain de Chirurgie. Please note that your admission time does not correspond to your surgery time, which cannot be precisely confirmed. At the time of admission, you will be greeted by a member of the nursing staff who will complete your file with you and answer all your questions.

10.2 CONSULTATION

On the morning of your surgery, your anesthesiologist and your surgeon will meet with you to discuss anesthesia and the surgical procedure as well as to answer all your questions.

10.3 PREMEDICATION

Approximately two hours before your surgical procedure, the nursing staff will give you premedication in tablet form to help reduce postoperative pain as well as the risk of nausea and vomiting.

10.4 THE RECOVERY ROOM AND DAY SURGERY UNIT

Immediately after your surgery, you will be transferred to the recovery room. It will be normal to feel nauseated and to experience vomiting. These symptoms are part of the possible side effects of anesthesia. You will spend approximately 30 minutes in the recovery room, allowing you to recover under the continuous supervision of the nursing staff.

You will then be transferred to our day surgery unit for approximately two hours and your companion will be allowed to visit you. In order to respect all patients' rest, **only one person at a time will be allowed to visit you.**

10.5 RETURNING HOME

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 to your home or to our partner hotel if you live more than two hours away from our establishment. You will receive your discharge prescription as well as information about postoperative care at home.

You must be accompanied when leaving our facilities; if not, you risk having your surgery cancelled. On the day of your surgery, you will need to sign a form guaranteeing that you will be accompanied upon your departure.

QMC



**COMPLEXE
CHIRURGICAL**

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