

Mastectomy and Tissue Expander Checklist

Having breast cancer surgery and reconstruction is complex. Use this checklist to know which steps you will go through along the way.

Visits with Surgeons Prior to Surgery

Breast surgeon's name:

Date: _____

Type of surgery planned: _____

Plastic surgeon's name:

Date: _____

Type of surgery planned: _____

Important Phone Numbers

801-581-7719: Plastic Surgery Clinic

801-213-4269: Breast Surgery Clinic

801-587-7000: Huntsman Cancer Institute Hospital

801-581-2121: University of Utah Hospital

The Day before Surgery

- Call the hospital after 2 pm the business day prior to your surgery to find out what time to arrive.
 - Huntsman Cancer Institute Hospital 801-587-4300
 - South Jordan Health Center 801-213-4891
 - Farmington Health Center 801-213-6658
- Do not eat or drink anything after midnight.
- Shower and wash your whole body well with antibacterial soap.
- Pack to stay overnight in the hospital. Remember to bring:
 - A shirt that opens in the front.
 - Other comfortable clothes to wear home.
 - A form of ID.

The Day of Surgery

Date: _____ Time: _____

- Do not eat or drink anything.
- Check in for surgery.
- Meet with my Breast Surgeon.
- Meet with my Plastic Surgeon.
- Your Plastic Surgeon will put marks on your skin.
- Meet with my anesthesia doctor.
- Meet with the operating room nurses.
- Take medicine to prepare for surgery as directed.
- Have your surgery.

After Surgery

You will spend the night in the hospital. After surgery you will be encouraged to:

- Eat and drink.
- Get up and walk. Your health care team will help you get up and walk within the first 4 hours after surgery.
- Avoid heavy lifting and repetitive arm movements.
- Learn how to take care of your drain(s).
- Learn how to manage your pain.

The next morning ...

- Your health care team will visit you.
- Eat breakfast.
- Go for a walk.
- Review instructions and medications with nurse and pharmacist.
- Return home.

Follow up

1 week after surgery

Date: _____ Time: _____