

## Mastectomy Surgery Information

Mastectomy surgery can be very overwhelming, there are a few things to expect after your surgery. If you have any questions please do not hesitate to call our nurses, Skye & Jayne.

You will wake up after your operation with a Prevena or PICO dressing. These dressings apply negative pressure to the incision line, decreasing risk of bleeding and swelling. It will stay on for approx. 7 - 14 days after your surgery. You must not remove this dressing yourself; it will be removed in our rooms by one of our nurses.

Dr will come to see you & you will be able to get up shower, dress in your own clothes (It is helpful to bring along button up clothing/pajamas to wear during your stay in hospital and to wear home. This makes it easier for you to get dressed while you have drains and also easier to move your arms into) sit in the chair & get plenty of rest.

The Breast Care Nurse, Lesley, will introduce herself and give you some information regarding your surgery.

You will be seen by the hospital Physiotherapist who will assist you with exercises that you can continue to do at home.

You may have drains inserted during your surgery; these will also be removed by our nurses in our rooms at one of your follow up appointments. The hospital nurses will educate you prior to your discharge on how to care for them. Community Nurses will be arranged if required to assist in your care.

If you have problems with the dressing or drains, please call our rooms or if after hours and surgery done at John Flynn - Ward 3B.

Please ensure you have someone to drive you home from hospital and to your follow up appointments as you are not allowed to drive whilst drains are in place.

At your follow up appointment with Nurse & Dr please make sure you bring all of your Drain Charts.

**Should you develop a fever or the wound becomes hot, red, sore to touch or any discharge please contact the rooms.**

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Please feel free to contact us anytime should you have questions or concerns.

Skye & Jayne - Practice Nurses

07 5598 0644

Monday - Thursday

[practicenurse@goldcoastsurgicalgroup.com](mailto:practicenurse@goldcoastsurgicalgroup.com)

Ward 3B – Womens Health - John Flynn Hospital

07 5598 9037

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### Consulting Locations:

Suite 402, John Flynn Specialist Suites \* Suite 18, Level 1, 14 Hill Street, Southport

### Operating Locations:

John Flynn Private Hospital \* Pindara Private Hospital \* Gold Coast Private Hospital \* Tweed Heads Public Hospital