Mastectomy

Definition: Surgery to remove all or part of the breast to remove lumps in this area is called a mastectomy.

This surgery is performed in three ways: total mastectomy, radical modified mastectomy and breast support surgery.

Postoperative nursing care:

Controlling the patient's vital signs, controlling the wound in terms of bleeding, infection and hematoma, checking the presence of drain and its function and amount of secretions, holding the affected hand up to reduce edema and training the patient about postoperative exercise and care. Drain at home is one of the most important postoperative nursing care.

Hand edema:

After removal of the armpit lymph nodes, the lateral lymph vessels must be treated. After surgery, transient edema may develop until these lateral lymph vessels function properly. This process takes about a month, and doing the recommended exercises, lifting arm and above the level of the heart, clenching and closing the wrist gently can help reduce edema.

Patients experience a variety of sensations because the nerves in the skin and armpits are severed or damaged during surgery.

The sensations of tingling, burning, and numbness in the armpits and the operated hand also improve over time.

Note: The patient should not check blood pressure or take blood samples or do IV therapy for the rest of his life.

It is necessary to install a warning sign above the patient's bed with this theme.

Infection:

People with diabetes, old age and immune problems are more likely to get the infection.

Symptoms of infection: fever, redness of the skin and increased secretions and unpleasant odor from the operation site

Drain care: Most patients are discharged from the hospital 1-2 days after surgery with a drain. The secretions of this drain is initially bloody and gradually changes color and becomes light. The amount of secretions and its color should be charted by the nurse.

When the amount of drain secretions is less than 03 cc in 22 hours, the drain is removed, which usually occurs 7-10 days after the operation and the drain is removed. Be sure to train the patient
how to empty and vacuum the drain. Train the patient to take care of the drain and remind them to see a doctor if the drain comes out at home or if the secretions increase or stop suddenly.

Train the patient that generally, she can take a shower and wash the wound and the drain site with soap and water by hand from the second day after the operation, and the operation site should be bandaged daily for up to 7 days.

**Postoperative complications: Impaired mental image, hand edema, infection, hematoma**

**Impaired mental image:**

Due to the loss of a part of the body, the patient suffers from this complication. Therefore, a secluded environment should be provided for the patient in order to change the dressing, the patient sees the operation site. Also, it is suitable environment for expressing the patient's feelings. The patient should be supported emotionally and encouraged to use breast prostheses to maintain beauty.

**Hematoma:**

Accumulation of blood under the skin that may occur 12 hours after surgery. The nurse should examine the wound for signs of hematoma. These symptoms include: edema, a feeling of tightness, pain, and bruising of the skin.

Drain activity and secretions should also be monitored. Excessive swelling or excessive secretions from the drain may indicate a hematoma.

Tell your doctor if you have symptoms of hematoma and increased drainage.

A warm shower or hot compress is helpful in absorbing the hematoma. It usually improves in 4-5 days.

If you have any questions or ambiguities, call the following number:

023-33437824, Gynecological surgery, Kosar Hospital