Breast Removal

**Definition:** Surgery to remove all or part of the breast to remove lumps in this area is called a mastectomy. Sometimes in this type of surgery, the whole breast is removed, and sometimes, in addition to the breast tissue, the axillary lymph nodes are removed to prevent the mass from spreading to the axilla. But in some surgeries, only the mass comes out and the breast tissue does not change.

**Home care:**

**Swelling of the hands:** Swelling of the arm may occur due to removal of the axillary lymph nodes. The swelling usually goes away after a month.

- Hands and arms should be kept high after surgery to reduce swelling.
- Do not use a razor to shave your armpits.
- The sensation of tingling, burning, and numbness under the armpits and the operated hand also improves over time.

You should not take blood pressure or blood samples or inject serum from the operated side until the end of your life, and when you go to any medical center, you should inform the staff of that center about your surgical history.

At home, to reduce swelling in the hands, lie down to sleep on a healthy side and hold the affected side up with a pillow.

**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 discharge and unpleasant odor from the operation site
- Refer to your doctor immediately if you have any of these symptoms.

**Drain care:** Most patients are discharged from the hospital 1-2 days after surgery with a tube at the operation site called a drain. The discharge from this tube is initially bloody and gradually changes color and becomes light.

Usually 7-10 days after the operation, the drain is removed by the doctor. Be sure to learn how to empty and vent the drain from the nurse.

Be sure to refer to your doctor if the drain comes out at home or if the discharge suddenly increases or stops.

In general, from the second day after the operation, you can take a shower and wash the wound and the drain site with soap and water by hand, and the operation site should be bandaged daily for up to 7 days.

**Postoperative limitations:** Avoid lifting objects weighing more than 2.5 kg for 4-6 weeks. After suturing, you can do simple household chores.
**Postoperative exercises:** These exercises improve blood circulation, increase muscle strength, and prevent joint stiffness. Perform these exercises twice a day for 20 minutes each time for the first 4-6 weeks after surgery, as shown in the picture opposite.

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

023-33437824, Women’s Surgery ward of Kosar Hospital