

# BASSER CENTER FOR BRCA

## PREPARING FOR YOUR BREAST SURGERY

In preparation for your mastectomy, outlined below is a list of advice and suggestions compiled from members of the Basser Center Leadership Council and Young Leadership Council to help you prepare for your surgery. Please note: there may be other considerations depending on what type of reconstruction you choose. **You should consult with your surgeon and healthcare team about the specifics of your surgery and treatment plan.**

### BEFORE SURGERY



#### In Preparation:

- Consider taking Senokot® the day before surgery, and for a week after, to help with stool regularity (trust us!).
- Purchase baby wipes, dry shampoo and body cleansing wipes to keep you feeling clean after the hospital.
- Enlist help ahead of time with meals, household chores and transportation to and from appointments.
  - Mealtrain.com** helps organize and calendar meals.



#### What to Bring:

- Button-down tops or open cardigans and some loose, comfy pants
- A pillow to place between your chest and seat belt for your ride home in the car
- Slippers, socks with rubber grips, PJs, a robe and a fleece blanket
- An extra-long charging cord
- Ear plugs
- Throat lozenges and your favorite gum
- A journal to write down your questions, document draining amounts and track prescription intake

### AFTER SURGERY



#### What to Ask:

- Ask your healthcare provider for a Physical Therapy referral for arm exercise. Arrange for PT as soon as you get clearance.
- Ask your healthcare provider if you should have a prescription for managing nausea.
- Ask your surgeon if they have a discount code for scar ointment. Begin applying once you are cleared to do so, after surgery.



#### At Home:

- Large safety pins to secure drains
- Alcohol swabs to clean the drains
- Gauze pads to replace the original post-op pads
- You'll likely take a surgical bra home with you from the hospital and may want to purchase another on your own.
- A tall cup with a long straw makes for easy drinking to help you stay hydrated.
- A wedge pillow is a comfortable option for under your knees to alleviate back pain. Two bolster pillows for under your arms are also recommended. A u-shaped body pillow makes sleeping comfortable.

*\*Save receipts for everything you purchased and you may be able to submit these to your insurance company. This includes, but is not limited to, surgical bras, scar strips/creams and pillows.*

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[basser.org](http://basser.org)

Basser Center Young Leadership Council: [Basser.org/YLC](http://Basser.org/YLC)



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