

Tips for faster recovery after surgery:

Below mentioned are some of the things that might help in faster recovery:

► **Healthy diet:** A healthy balanced diet containing plenty of fresh fruits and vegetables will help in faster recovery. Also drink plenty of fluids.



► **Exercises:** Exercises should be started as recommended by surgeon to prevent shoulder and arm stiffness. The type and frequency of exercises may depend on factors like recovery from surgery, pain, fluid collection etc. It is important to carry on with these exercises as part of your daily routine.



► **Infections:** Before leaving the hospital, the surgeon will teach how to identify if the wound is getting an infection. Call the surgeon in case of any signs of an infection. For e.g: fever, pus etc.

► **Talking to others:** Emotionally, it can be very hard to recover from surgery. During these difficult times talking to friends and family is helpful. Family and friends provide:



- Practical help like cleaning, shopping, lifting items etc.
- Emotional support to share feelings and concerns.

► **Regular follow up:** Post-operative visits to surgeons is important. The surgeon will check the wounds and dressings and also tell you if further treatment is required.

► **Activities:** The daily activities should be resumed gradually. It is necessary to take proper rest between activities. Do not drive a car until your drain is out and you



are off all pain medicine. Do not lift heavy weights until the incision is healed completely.

► **Smoking:** It is essential not to smoke during recovery, as it prolongs the healing process.



**FOR MORE INFORMATION,
PLEASE CONSULT THE SURGEON.**



When to call the surgeon

- Fever
- Excessive swelling, bleeding or pus around incision
- Pain not relieved by medication
- Warmth or redness around incision

DOs



Eat a healthy diet



Regular follow up with surgeon



Exercise regularly & positive attitude

DON'Ts



Carry heavy weights



Take medications without surgeons' advice



Smoke

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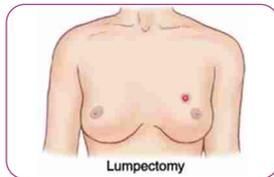
ALL YOU WANT TO KNOW ABOUT
**BREAST CANCER
SURGERY**

Most women diagnosed with breast cancer often need surgery to remove the breast tumor. Undergoing surgery after breast cancer diagnosis can give rise to a wide range of feelings and emotions which can be difficult to deal with. Knowing what to expect after the operation can help in quicker recovery and get back to the best possible quality of life.

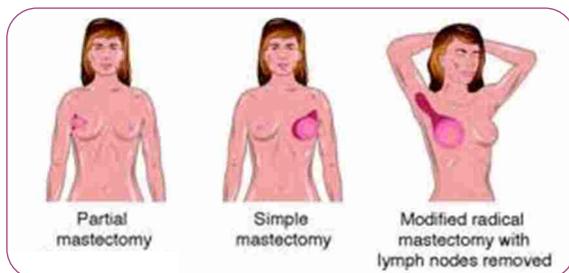
What are the types of breast cancer surgery?

The type of surgery depends upon various factors like the tumor type & size, location of tumor, general condition of the patient etc. The surgeon will suggest the most suitable type of surgery. The most common types of surgery are:

1. Lumpectomy: Only the cancerous lump and some normal tissue around it is removed. There will be one incision (cut) on the breast.



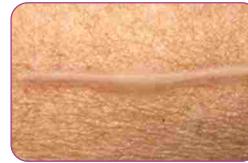
2. Mastectomy: The whole (radical mastectomy) or part (partial mastectomy) of the breast that contains cancer is removed. Sometimes, one or more of the lymph nodes (small bean shaped organs which play a role in fighting bacteria and other infections) from underarm are also removed (modified radical mastectomy). There may be one incision (cut) that goes from the breast bone in the centre of the chest to the underarm.



What changes to expect after breast surgery?

There will be some variation in the extent and the nature of changes that occur after a breast cancer surgery. However some of the most common changes are as follows:

✂ **Scar (Cut on the skin):** Scar may be swollen, red and painful. However it fades over time. If it persists, consult the surgeon.



✂ **Dressings:** The dressing will cover the scar. It is advisable to leave the dressing dry & undisturbed for the first few days.

✂ **Stiches:** Depending on the type of surgery, stiches are to be removed by 10 to 14 days after surgery. Sometimes, scars may have dissolvable stiches that need not be removed.

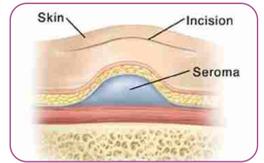


✂ **Drainage device:**

Depending on the type of surgery, one or two thin plastic drainage tubes leading from the operation site, with bottles attached to them to collect any fluid from the wound site may be used. These tubes help drain fluid to reduce swelling and promote healing. Empty the drainage system twice a day and when needed. Maintain a chart of the time and amount of the drained fluid if possible.



✂ **Seroma:** Seroma is a collection of fluid under the skin after surgery. It is not harmful & may be reabsorbed into the blood stream naturally. However, if it persists causes discomfort then it may be required to drain the fluid off.



✂ **Pain:** Pain and discomfort around the wound is commonly experienced. Taking pain relief medications as directed by the surgeon is beneficial.



✂ **Swelling:** Swelling is a common symptom and may affect the breast, chest wall, shoulder and arm. It is a normal part of the healing process and should reduce six to eight weeks after surgery.



✂ **Hygiene:** Do not get the dressing wet; take a sponge bath. Take a shower/ bath only after the original dressing is removed using a mild soap. Use cleanser, ointment, powder, deodorants or perfumes on the incision only if advised by your surgeon.

✂ **Feeling Emotional:** It is usual to feel upset at times in the first months after surgery. Many women have intense feelings like grief, fear, shock, anger. Talking to family & friends and to people who have had breast surgery is helpful.

✂ **Constipation:** Pain killers may cause constipation. To prevent this

- ✓ Eat a diet rich in fiber
- ✓ Drink plenty of fluids