

# **Getting Ready for your Explant Surgery**

Information for women having Explant Surgery

Please read through this booklet and keep it with you so you can write down any further instructions from your surgeon or questions you may have.

Learn more about getting ready for your explant surgery at <a href="www.explantinfo.com">www.explantinfo.com</a>

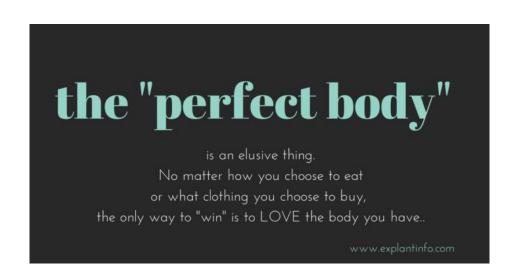
### Introduction

This e-booklet is for people having explant surgery under various forms of anaesthesia.

This booklet will help you prepare for your explant surgery. Following these instructions will help prevent your explant surgery from being delayed or cancelled. It is important to read this information in the weeks and days leading up to your explant surgery.

Other resources

Questions to ask your explant surgeon
 Choosing a explant surgeon
 Life after breast implants



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### **Checklist for your explant surgery:**

You can use the following checklist to ensure you have done everything you need to do to prepare for your explant surgery and recovery. Cross off the items that do not apply to you. This is not a complete list, just a guideline.

- Pre-op physical with family doctor completed (if required)
- Appointment(s) with specialists (if required)
- Blood work, breast ultrasound/MRI and other tests completed (if required)
- Pre-admission Clinic contacted/attended (if required)
- Restrictions after surgery known and arrangements made
- Equipment/supplies rented or purchased (if required)
- Escort and ride to and from the hospital arranged
- Overnight companion arranged (for the first 24 to 48 hours)
- Home help arranged
- Private or semi-private room requested (overnight stay)
- Skin preparation completed (if required)
- Food and fluid restrictions followed
- Bowel preparation completed (if required)
- Medication restrictions followed (if required)
- Smoking/eating and skin restrictions followed
- Overnight bag with personal items packed
- Meals prepared and frozen in advance at home
- Front opening clothing on hand to wear

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# After surgery:

- Discharge instructions received
- Prescription filled
- Follow-up appointment with surgeon or family doctor made

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| Getting ready for your surgery                    |                  |
| Your surgeon's office will tell you the:          |                  |
| Name of your surgery:                             |                  |
| Hospital:   |                  |
| Date of your explant surgery:                     |                  |
| Time of your explant surgery:                     |                  |
| <ul> <li>Likely length of hospital stay</li></ul> | (you may go home |
| Check-in (admission) time:                        |                  |
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Please be on time the day of your explant surgery. Sometimes your explant surgery may be earlier or later than planned, but also be prepared to wait a little longer if there are complications with surgeries booked in before you.

### **Appointments with other specialists**

Some explant patients need to see other specialists (e.g. anaesthesiologist, Cardiologist or breast nurse) before explant surgery. Others are asked to have lab tests, or to take part in research. If any of these apply to you, your explant surgeon, family doctor, or hospital will make arrangements and let you know.

| Appointment with: | _ |
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| Date and time:    |   |
| Location:         |   |
| Appointment with: |   |
| Date and time:    |   |
| Location:         |   |
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# Planning for recovery

To plan for recovery, you will need the following information from your explant surgeon before your explant surgery:

- How long will I be in hospital?
- Is there any equipment or supplies that I need to buy before my explant surgery? If yes where can I get them?
- What limits will there be on my physical activities after explant surgery?
- What limits will I have on lifting after explant surgery?
- How long will I need to be off work?
- How long before I can drive a car?

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### Help at home

Depending on the complexity of your explant surgery, you may need help with household chores, dressings, transportation etc. If you have concerns in any of these areas, please talk with your surgeon or family doctor before your explant surgery.

# What to do if you are not feeling well before surgery

In the week before your surgery, contact your surgeon's office at once if you:

- Are not feeling well
- Have a cough, cold or fever
- Have a scratch, pimple or open area on the skin around the surgical area
- Have had a recent infection, including dental (teeth or mouth), bladder, or skin infection

# Plans for your hospital stay and for going home

Day surgery and overnight stays of 24 hours or less -

Before coming to hospital, you need to plan to have a responsible person to:

- Take you home safely (by car, taxi or bus). You will not be allowed to drive yourself or take a bus alone.
- Stay with you after explant surgery for at least 24 hours
- Help you to follow post-op instructions
- Help with daily activities as needed

Make sure this support person can be contacted by phone during your explant surgery. If you do not make plans to have a responsible person take you home and stay with you overnight, your explant surgery may be postponed until you are able to make these plans.

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# **Smoking, Drugs and Alcohol**

Smoking raises your risk of serious problems. If you smoke, plan to stop before your explant surgery. Talk to your family doctor for help to quit. If you have not been able to quit before your explant surgery, tell the nurse when you check-in so that nicotine replacement may be able to be arranged for you.

Street drugs (E.g. cocaine, marijuana, LSD, Ecstasy) and alcohol will react with your anesthetic and can cause serious problems. It is best to avoid street drugs and alcohol for at least 3 weeks before your

| family doctor or nurse. Not telling your doctor may result in your explant surgery being postponed.   |
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| The day of your explant surgery   |
| Eating and Drinking   |
| Limiting what you eat and drink before explant surgery (also called fasting) helps keep the stomach empty during your explant surgery. This helps prevent vomiting that could cause choking or vomit going into the lungs, leading to pneumonia. Your explant surgery will be postponed if you do not follow fasting instructions given to you by your explant surgeon. |
| If you are not given directions for fasting from your explant surgeon or anaesthesiologist contact their offices immediately.   |
| NO SOLID FOOD after midnight on the night before explant surgery. This includes chewing gum and sucking on hard lollies.  |
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explant surgery. If you are not able to stop, please tell your surgeon,

In many cases clear fluids are allowed until three hours before your explant surgery time. BUT check with your explant surgeon first.

# They *can* include:

- Water
- Popsicles
- Clear tea
- Jell-O (with no added toppings or fruit)
- Black coffee (a latte is not a clear fluid!)
- Carbonated drinks (pop)
- Fruit juices without pulp (apple juice)
- Gatorade

### Clear fluids **DO NOT** include:

My explant surgery time is

- Milk, non-dairy creamer, protein drinks, dairy products, tomato or orange juice with pulp
- Alcoholic beverages

You MAY brush your teeth the morning of your explant surgery, without swallowing any water.

Remember: NO FLUIDS AT ALL in the three-hour period before your scheduled explant surgery time.

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| Clear fluids only until      | AM/PM |  |  |  |
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### Medications

- Take all prescription medications as usual unless told not to by your anaesthesiologist, explant surgeon, pre-admission nurse or other specialist.
- If you take any of the following medications, you must get specific instructions from your explant surgeon, anaesthesiologist or specialist at least 14 days before surgery:
  - Diabetes medication eg insulin
  - Blood thinners eg warfarin
  - Antiplatelet medications eg clopidogrel (Plavix), Ticlid, Acetylsalicylic acid (ASA, aspirin).
  - Non-steroidal antinflammatory (NSAIDS) medications
  - 7 days before explant surgery, stop taking Vitamin E and all natural health products and herbal remedies eg Garlic, Gingko, Kava, St. John Wort, Ginseng, Dong Quai, Glucosamine, Papaya etc.
- Do not take regular vitamins and iron supplements on the day of your explant surgery. You can take them until the day before explant surgery IF your explant surgeon says this is ok.
- Acetaminophen E.g. Tylenol may be taken for pain when necessary up to and including the day of explant surgery.
- You may take all allowed medications with 30 ml (1 oz) of water per pill up to one hour before explant surgery.

This is a guide only, PLEASE <u>ask</u> your explant surgeon for FULL information regarding contraindications with all medications you are taking.

List your medications on the next page:-

### Medications/Vitamins/Natural or Herbal remedies I am currently taking

| Name | Dose | Frequency | Take day of<br>surgery | Stop before<br>surgery |
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### Preparing your skin for explant surgery

Skin preparation before explant surgery helps to remove germs on the skin, prevent infection and to help incisions heal.

# Your explant surgeon will provide you with the necessary antibacterial wash sponges as necessary.

Do not remove any hair from your surgical area for at least one week before your explant surgery. If hair removal is indicated, it will be done after you check-in. (in the event of lymph node removal)

Shower or bathe and wash your hair the evening before or the morning of your explant surgery with your usual soap and shampoo if suggested by your explant surgeon.

Follow these directions for how to use the antibacterial sponges provided by your explant surgeon:

The evening before your explant surgery:

1. Wash your hair and face, ears and area behind the ears with usual shampoo and soap. Rinse well.

- 2. If showering, wet all of the body then move the showerhead to the side to minimize soap loss during lathering with antibacterial sponge.
- 3. If bathing, place a minimum amount of water in the tub so that the body can be soaped with the antibacterial sponge without washing away the suds. Sit down in the bath, being careful not to slip.
- 4. Open one CHG sponge and wet with a little water. Squeeze repeatedly to produce suds.
- 5. Wash body from neck to feet using the sponge. Do not use the sponge on the hair, face, ears or neck. Carefully wash the surgical area, armpits, navel, feet and in between toes (be careful not to slip), back and finish with genital and anal areas. Do not rinse until your entire body has been washed and lather has been on skin for at least 2 minutes.
- 6. Throw away the sponge in the garbage.
- 7. Rinse the body thoroughly under the shower or in the bath.
- 8. Use a clean towel to dry the skin from head to toe finishing with the genital and anal areas.
- 9. Do not apply deodorant, body lotion or powder afterwards. Face cream is okay. Dress in clean clothes.

# The morning of surgery:

1. Repeat steps 2-9 above with the second CHG sponge.

Please follow these instructions carefully. If you do not properly clean yourself properly for surgery, it may cause your surgery to be delayed or cancelled.

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### Packing for the hospital

Please be aware that you will be responsible for the care and safety of your personal property while you are in the hospital.

### What to bring

- On the day of surgery and for going home, it is helpful to wear loose fitting clothing that is easy to get off and on.
- Bring your Medical Insurance or Medicare information. If you do not have these, bring another form of personal identification.
- Bring an interpreter, if you do not understand English.
- Bring glasses or contact lenses, hearing aids, and dentures with storage cases labelled with your name.
- Reading material.
- If you are having day surgery, also bring an empty bag to store your belongings. Before you go to the operating room, your family/friend can take the bag home and bring it back when you are ready for discharge.
- If you are staying overnight or longer, also pack a small bag with a few personal hygiene items such as toothbrush/toothpaste, brush/comb, ear plugs (to help decrease noise while sleeping), shampoo, sanitary products, razor and shaving cream, deodorant, dressing gown, open front clothing/sleep wear, slippers/shoes (low heels, non-slip and easy to put on). PLEASE LIMIT BELONGINGS TO ONE SMALL OVERNIGHT BAG. Family members can bring this bag and any other items you may need to the nursing unit after surgery.
- If you are staying in hospital 24-72 hours or less, also bring:
- Any inhalers, eye drops, topical medicated creams, medications, estrogen patches or birth control pills (all other medications and supplements should be left at home). Most other medications are supplied by the hospital.

### What NOT to bring or wear

- All jewellery or body piercing items (These items cannot be worn in the operating room because they increase the risk of infection, injury to the body, and loss or damage to your belongings).
- Personal items such as valuables, credit cards and mobile phones.
- Large amounts of cash.
- Large electrical appliances e.g. portable stereos, fans.
- Wear no make-up, false eyelashes, hairpins, deodorant or talcum powder. It is okay to wear face cream, acrylic nails, and nail polish although it is best to avoid dark coloured or metallic polish.
- Do not wear perfume, aftershave or other scented products.

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### Your hospital stay

# Admission to hospital

Most patients are admitted the same day as their surgery. Check-in at the front desk. You will be directed to the admission area to:

- Change into a hospital gown
- Sign your Consent forms (if you have not already done so)
- Complete admission procedures
- Receive pre-operative medications and have an intravenous started, if ordered by your doctor

Your family member or friend will be asked to take your belongings home to keep them safe and bring them back after your explant surgery. If you are alone, the staff will send your items to your room.

Before going to the operating room, you may be asked to:

- Empty your bladder (urinate)
- Remove your glasses/contact lenses, prosthesis, wigs, body piercings and/or dentures

You will be moved to the operating room "holding area". You will be asked questions you have already answered. This is to double-check all your information. Your explant surgeon or anaesthesiologist may visit you there.

You will be taken into the operating room when it is ready. A nurse will stay with you to explain what is happening, answer any questions and offer support. The length of time of your explant surgery depends on the complexity of the surgery.

After explant surgery you will be moved to the recovery room. The recovery room nurses will watch you closely. They will give you medication for pain and nausea, if needed.

The length of time you are in the recovery room will depend on the complexity of your explant surgery and how you react to the anesthetic. It is common to not remember much of your time in the recovery room. If you are staying overnight, you will be moved to a nursing unit.

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| What to expect after surgery   |
| After General Anaesthesia  |
| You may feel some slight side effects after general anaesthesia. These can include sore throat, hoarseness, nausea, vomiting, headache, sleepiness, tummy swelling, lack of appetite or muscle aches and pains. They almost always go away in 24 to 48 hours. Call your doctor for more advice if they do not settle down. |

Post-operative confusion (delirium) is more likely to happen if you are elderly, take sleeping pills, anti-anxiety pills, drink alcohol, smoke cigarettes or use street drugs regularly. Telling the nurse before your explant surgery can help stop this from happening.

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Anesthetic drugs, including intravenous (IV) sedation, may stay in the body for up to 24 hours after your operation. During this time you may be impaired. Therefore, for 24 hours after anesthetic or intravenous sedation it is recommended that you **DO NOT**:

- Make important decisions or sign important papers
- Drive a car or work with machinery
- Do any dangerous activities like bike riding, swimming, or climbing ladders
- Travel alone by public transportation e.g. bus
- Go to work or do business
- Drink alcohol
- Take tranquilizers, sedatives, or sleeping pills
- Have the main responsibility for care of another person e.g. babies, small children, elderly person who needs help

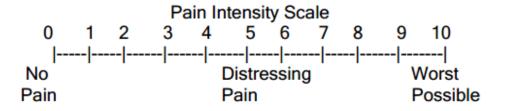
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#### **Pain Control**

Your nurse will help to take care of any discomfort you may have. Pain can be managed a number of ways. These include pills and injections.

Your surgeon and/or anaesthesiologist will decide which is the best method for you depending on the complexity of your explant surgery.

Pain medications work best when taken at regular times and before the pain gets too bad. Tell your nurse when you are getting uncomfortable. You should be comfortable enough to turn, move your arms and legs in bed and to do deep breathing. To help measure your discomfort, your nurse may ask you to rate your pain using a "pain intensity scale". One easy way to do this is to use a number scale and rate your pain from 0 - 10. Zero means no pain and 10 means the worst pain you can imagine. You can also describe pain with words like none, mild, moderate, severe or worst possible.



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# Incisions, dressings and drains

Incisions are most often closed with stitches (sutures) or dissolvable stitches. You will have a dressing over your incision that will be changed as needed. Sometimes your explant surgeon needs to put a drain near the incision to help remove extra fluid. If this applies to you, your explant surgeon will explain this before surgery.

### Fluids and diet

If you had an IV drip/intravenous (IV) it will be removed as soon as you are drinking enough liquids. Your diet will be increased depending on the complexity of your explant surgery you've had and how you are tolerating the food.

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| Activity   |
| Follow post-op activity instructions from your explant surgeon very carefully. Generally, you will recover quicker if you move about as soon as you can. Do not get up on your own until the nurse tells you it is okay. |
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### Elimination

Your nurse will watch your bladder and bowel functions after explant surgery. Some patients will have a catheter to drain urine placed in their bladder before or during explant surgery. If this applies to you, your explant surgeon or nurse will explain this before your explant surgery.

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### **Discharge instructions**

Before you leave the hospital your nurse will:

- Help you to get dressed, if needed
- Go over your care instructions with you
- Give you written discharge instructions and prescriptions, if applicable
- Make sure that you have all your belongings and any medications or valuables you may have brought with you

# On returning home:

- Follow the instructions given to you
- Fill any prescribed medications and take as directed
- Make/keep appointments for follow-up care with your explant surgeon
- Contact your explant surgeon, family doctor, or the Emergency Department for any problems after explant surgery

### Patient tips -

- Wash your hands when you visit the hospital or other health care environments and ask your doctor or healthcare provider to do the same.
- Make your explant surgeon aware if you have seen or are seeing more than one doctor about your problems.
- Make sure you feel comfortable with the explant surgeon before committing to explant surgery with him/her
- Make sure that all health professionals involved in your care have important health information about you. Don't assume they have all the information they need about you.
- Keep an <u>explant journal</u> that keeps the details about your treatment and care. Include information such as medications prescribed, tests you receive and other important information provided by your health care team.
- When you visit your explant surgeon or go to the hospital, bring you medications – or an updated list – and your explant journal with you.
- Ask someone to be your health advocate to take notes, ask questions and if needed, make decisions on your behalf if need be.
- Find out why a test or treatment is needed and how it can help you. Make sure you know what is involved and what the expected outcomes are.
- If you have a test, don't assume that **no** news is good news. Find out when and how you will get the results of tests or procedures. If you do not get them when expected, don't assume the results are ok. Call your explant surgeon and ask for the results.
- Make sure any prescriptions your explant surgeon writes are legible and that you know the name of the drug prescribed.
- Ensure your explant surgeon knows all the medications, herbal supplements or vitamins you are taking. Even over-the-counter medications, such as cold medicine or vitamins, can have an

- effect on prescription medications. List these in your explant journal.
- Take your medications as prescribed. Ensure you understand
  what the medicine is for, how you are supposed to take it and
  any possible side effects. If you are unclear about a medication
  or are concerned about side effects, contact your explant
  surgeon or pharmacist immediately.
- Keep track of any adverse reactions or allergies you have to food or medications, list in your explant journal.
- If you're being discharged from the hospital, ask your explant surgeon to write down any treatment plans or instructions you will need at home. This information should be shared with your family doctor as well.

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