

Before Your Breast Cancer Surgery

Before breast cancer surgery, you may have a lot of questions and things to plan for. This handout gives you information about what will happen before your surgery and how to plan for your visit. If you have more questions after reading this information, talk with your health care team.

What do I need to know before surgery?

- You will receive reminder phone calls from your health care team before your surgery. These calls will include:
 - ▶ Date and time of your surgery.
 - ▶ Time you need to be at the hospital on the day of your surgery. This may be up to several hours before your scheduled surgery time.
 - ▶ Where to check-in on the day of your surgery.
 - ▶ Information about parking and valet services.
- **Do not** eat, smoke or chew gum after midnight the night before your surgery.
- You may need to have some tests done before your surgery, such as blood tests, X-rays or other tests your health care provider feels are needed.
- You may have an appointment to see an internal medicine doctor for a history and physical before your surgery. This is also called your OPAC (OSU Perioperative Assessment Center) appointment.
- **If you get sick with a cold, sore throat, or fever in the 2 weeks before your surgery, call your surgeon's office. Your surgery may need to be rescheduled to prevent infection after surgery.**
- **Do not** drink any alcohol for 4 weeks before your surgery. Let your provider know if this will not be possible.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- **Do not** use marijuana (or any products with THC, cannabis, or CBD) for 3 days (72 hours) before your surgery. Let your provider know if this will not be possible.
- **Do not** smoke, chew, vape, or use tobacco, nicotine patches or gum for 8 hours before the time you report for your surgery. Let your provider know if this will not be possible.
- From midnight until 2 hours before your surgery, **do not** drink more than 14 ounces of non-alcoholic clear liquids (such as plain tea, black coffee, carbonated beverages, juice without pulp or water)
 - ▶ (i.e. hospital arrival time = 8am, stop drinking fluids at 6am)
- After midnight, you may brush your teeth and rinse with water only. **Do not** swallow your toothpaste. Make sure to do this at least 2 hours before you report for surgery.
- On the morning of surgery, take only the medicines that your health care provider said were okay for you to take.

Getting Your Skin Ready for Surgery

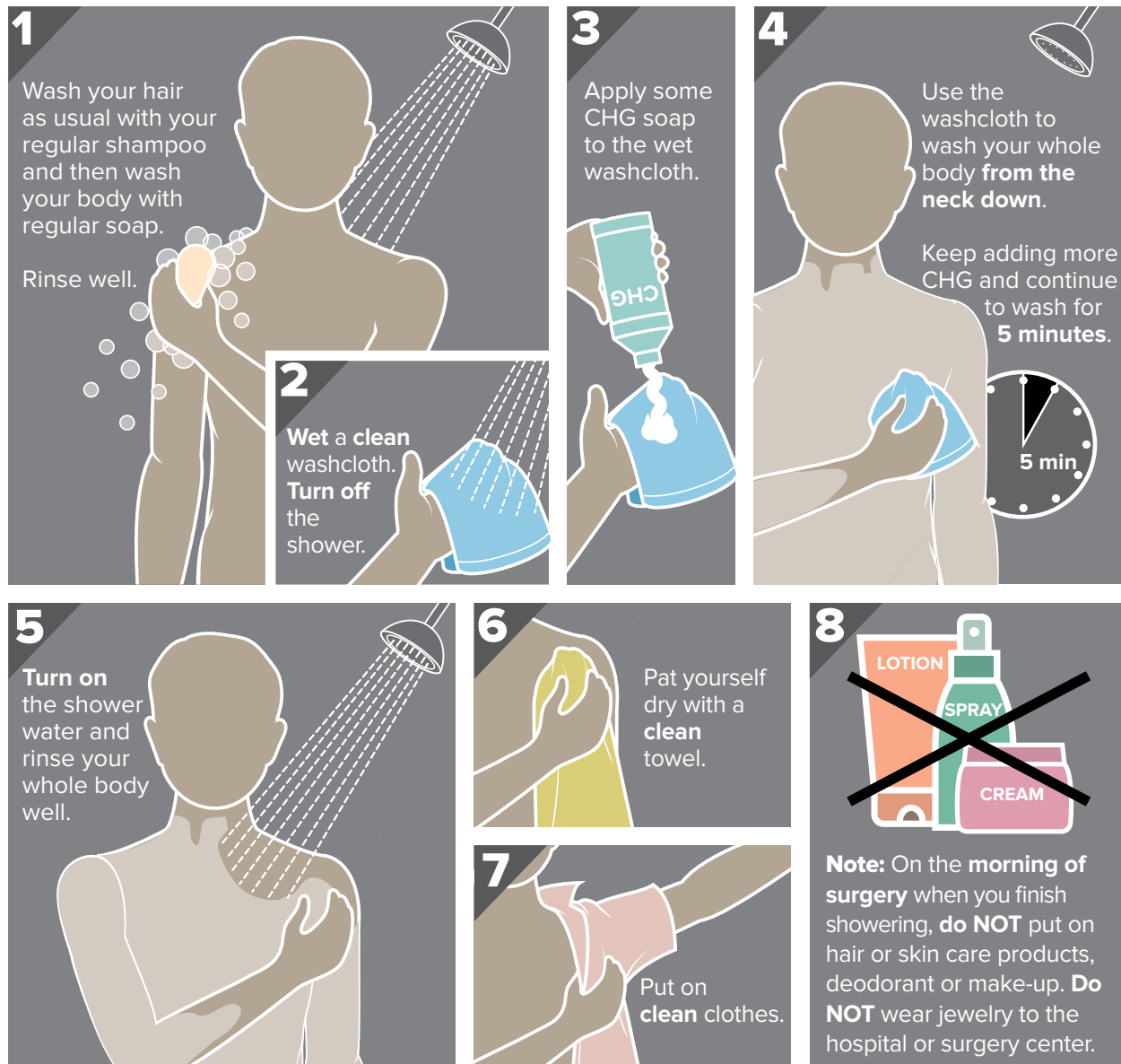
Your surgery involves cutting through your skin. Because germs live on everyone's skin, there is a chance of getting an infection. To lessen your chance of getting an infection, you need to wash your skin with a special soap or foam, called chlorhexidine gluconate (CHG), before your surgery.

Follow These Instructions

- **During the 7 days before your surgery, DO NOT shave near the site where you will have your surgery.** Shaving with a razor can irritate your skin and make it easier to get an infection. If needed, a nurse will trim the hair on the area where you will have surgery with electric clippers before you go into the operating room.
- **You must take 6 showers using CHG soap or foam:** Start 5 days before your surgery. Shower 1 time each day for 4 days. Then, shower the night before your surgery and again the morning of your surgery. Wash your whole body from your neck down with CHG soap or foam. **Use 4 ounces (½ cup) of liquid CHG soap or 4 to 5 pumps of CHG foam each time you shower.**

- **Do not wash your hair with the CHG soap or foam when you shower.** Shower and wash with the CHG soap only from your neck down.
- **Do not use lotion on your skin until after your surgery.**

How to shower with CHG soap



On the morning of your surgery, do not put on any lotion, deodorant or other skin care products.

If you do not have a shower or you are unable to get into a shower, do a sponge bath each time to clean your body.

Directions for how to take a sponge bath:

1. Bathe with a clean washcloth, water and regular soap. Rinse well with clean water.

2. Wet a new, clean washcloth with water.
3. Put some CHG soap or foam on the wet washcloth.
4. Use the washcloth to wash your whole body from your neck down.
5. Add more CHG soap or foam and continue to wash for 5 minutes.
6. Rinse well with another clean washcloth and clean water.
7. Pat yourself dry with a clean towel.
8. Put on clean clothes.

If you have any questions about cleaning your skin, call your surgeon's office.

Do not wear or remove these items before your surgery:

- Nail polish
- Make up
- Jewelry, including rings
- Hair clips or pins
- Dentures or partial plates
- Contact lenses
- Wig or head covering
- Body piercings

Planning your visit

It is important to get a good night's sleep before your surgery. If you live out of town, you may want to stay at a hotel that is close to the hospital. Many hotels offer reduced rates to patients and families of The James.

If you have general anesthesia or sedation, an adult must come with you and drive you home. If you live more than 1 to 1 ½ hours away, you may want to spend the night in a local hotel.

For more information about parking, hotel accommodations, and other visitor information, visit the Patient and Visitor Guide at go.osu.edu/visitorinfo.

When you pack for the hospital, you should bring the following:

- A comfortable, loose-fitting shirt or robe that buttons or zips down the front.
- A soft, front-closure supportive sports bra with no underwire.
- 1 to 2 pillows for you to use for comfort in the car on your way home.
- Your photo ID and insurance card.
- If you are having surgery at James Outpatient Care, please bring your home medicine in their original bottles to take while at this facility. If you are having your surgery at The James (main hospital), this is not needed.
- If you use crutches, a walker, a wheelchair, eyeglasses, contacts, hearing aids, CPAP, BiPAP, dentures or other devices, please bring them with you to the hospital.

Important Medicine Information

Do not take aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve) or products with these ingredients during the 7 days before your surgery. Talk to your health care provider about any medicines you take to thin your blood or prevent clots. You may need to change these medicines or adjust the amount you take before surgery. These medicines include:

- Aspirin
- Clopidogrel, brand name Plavix
- Prasugrel, brand name Effient
- Ticagrelor, brand name Brilinta
- Apixaban, brand name Eliquis
- Ticlopidine, brand name Ticlid
- Warfarin, brand name Coumadin
- Enoxaparin, brand name Lovenox
- Dabigatran, brand name Pradaxa
- Fondaparinux, brand name Arixtra
- Rivaroxaban, brand name Xarelto
- Cilostazol, brand name Pletal
- Edoxaban, brand name Savaysa
- Dipyridamole, brand name Persatine
- Dipyridamole and Aspirin, brand name Aggrenox

If you have a stent, do not stop taking your medicines to prevent clots without first talking to the health care provider who put in the stent. For more information, ask a member of your health care team for the patient education handout on protecting your stent.

If you take aspirin or medicines like aspirin for arthritis pain, your health care provider may have you take a different medicine in the weeks before your surgery or procedure.

If your surgery or procedure is canceled for any reason, call your health care provider because you may need to restart the medicines you take to thin your blood or prevent clots.