

Breast Center Clinical Path - major plans for medical and nursing care during your hospitalization -

Patient's name: _____ Disease name: **Breast mass** (mastectomy+ reconstruction with tissue expander) _____, 20__

Primary physician: _____ Primary nurse: _____ Ward (), S International Hospital

| Progress | Day 1 On admission | Day 2 On surgery | Day 3 1Day after surgery | Day 4 2Day after surgery | Day 5 3Day after surgery | Day 6 4Day after surger |
|--|--|---|--|--|-----------------------------|----------------------------|
| Treatment Medication (IV, oral) | IV cathter will be placed on the other side of breast that is planned for surgery. | <ul style="list-style-type: none"> • Insertion of IV (other arm from the surgery side): This will be done in the operation room if your surgery is scheduled in the first surgry of the day, otherwise in the patient's room. • Antibiotics will be given • Pain medication will be used as needed (IV, suppository, etc.) | <ul style="list-style-type: none"> • Once you can take meal, IV will be used for antibioatics twice a day, morning and evening. The IV will be removed in the evening of the day after surgery. • After each diet, you will take medications for pain and wound healing (finishing after taking all the specified potions). | An oral antibiotic will be started. Pain medicine will be given as needed. | | |
| Measure | Your surgical site of breast will be marked with a marker. | <ul style="list-style-type: none"> • After surgery, oxygen will be given. Please take a deep breath occasionally. • One or more drains may be placed at your surgical site. Nurse will record volume of drainage per day. | <ul style="list-style-type: none"> • Oxygen will be stopped. • The wound site will be protected with transparent film or DermaBond, which will be removed at the outpatient follow-up visit after your discharge. • The drain (s) will be removed when drainage from each is less than 50cc/day. You may be discharged on the day after the drain(s) is removed completely. | | | |
| Examination | □ () | | | | | |
| Activity | No limitation | Bed rest after surgery You may change your position or sit up on your bed. | <ul style="list-style-type: none"> • No limitation • When you walk for the first time, a nurse will help you. • While you have drain(s), you will not have any active rehabilitation of arm and shoulder (we will instruct you as needed). | | | |
| Diet | You cannot eat anything from 21:00, and cannot eat and drink from midnight on the nght before surgery. | No eating and no drinking You may moisten your mouth or gargle. You may take liquid 6 hours after recovery from anesthesia. | Diet will start from the breakfast. No limitation | | | |
| Hygiene | Please complete your shower and shampoo before surgery. | Before surgery, you will be requested to change into special underwear and gown for surgery and wear elastic stockings. You will be requested to keep wearing the special gown for the entire day. | You may take a sponge bath from your waist up and a shower below your waist if you have surgical drains. | Your wound is protected with a transparent dressing that is water-proof, and you can shower from the next day when drain is removed. | | |
| Toilet | After hospital admission, please record your urination frequency. | <ul style="list-style-type: none"> • Please measure and record your urine volume as soon as you wake up in the morning. • After anesthesia, urinary cathter will be inserted. | In the morning, the urinary catheter will be removed. | Please record the urination frequency. | | |
| Orientation | <ul style="list-style-type: none"> • You will be explained about the facility / hospitalization / events before and after surgery. • The anesthetist and OR nurse will visit you to explain about anesthesia and events during surgery for you. • You will be requested to submit written consent for surgery and anesthesia. • You will be asked your medical history, taken body temperature and confirmed your current medications. | Immediately after the completion of surgery, the surgeon will explain about your surgery to your family. | <ul style="list-style-type: none"> • We will give you handouts regarding tissue expander (about Iwahira Clinic). • It will take about 2 weeks for us to obtain the pathological examination results after surgery. We will review with you about the results and our future treatment plan at your first follow-up visit after your discharge. • You will be explained about the post-surgery rehabilitation and instructions in daily life by a nurse if indicated. • You will be explained also about post-discharge life and instructions with handouts. • Upon your request, we will arrange a visiting volunteer (sometimes on the outpatient basis). If you have any questions or unclear points, please feel free to ask us. | | | |

Note 1 The disease name and others are those conceivable at the present time point and may be changed in the progress of examinations, etc. hereafter.

Note 2 The duration of hospitalization is the one predicted at the present time point.