

Breast Surgery with Multiple Drain

SKU #15260

- Breast Surgery with Multiple Drains Step X Step
- Control the Pain
- Lymphedema Prevention Guide
- Drainage Record Card
- Exercise Guide
- 4 EasyWear Belt Bags
- 10 V-Fan Split
- 6 Non-Latex Gloves
- 20 Alcohol Pads
- 10 Adhesive Remover
- Liquid Soap
- Plastic Tape Roll
- Paper Tape Roll
- Drain Labels



Drainage Record Card Ask your doctor how often to change your dressing and record the drainage. Circle AM or PM.

| Drain# | | | | Drain# | | | | Drain# | | | |
|--------|------|----------------------|------------------------|--------|------|----------------------|------------------------|--------|------|----------------------|------------------------|
| DATE | TIME | AMOUNT ml. or cc. | DAILY TOTAL / COMMENTS | DATE | TIME | AMOUNT ml. or cc. | DAILY TOTAL / COMMENTS | DATE | TIME | AMOUNT ml. or cc. | DAILY TOTAL / COMMENTS |
| | AM | | | | AM | | | | AM | | |
| | PM | | | | PM | | | | PM | | |
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| | PM | | | | PM | | | | PM | | |

Control Lymphedema Step by Step Page 1

Lymphedema is swelling that may start in the chest, upper back, side, arm and hand after breast surgery.

Watch Your Arm

- Look often at your chest and hand on the side where you had surgery.
- Do you see swelling, redness, or does it feel warm when you touch it? "Maybe it will go away."

Tell the Nurses

- Say, "Use my OTHER arm." Takes your blood pressure on the other arm.
- Wear a Lymphedema Alert Tag. To order, call the National Lymphedema Program: 1-800-541-3259

Protect Your Arm

- Keep the arm clean and dry.
- Use warm—not hot—water.
- Use warm—not hot—water.
- Dry carefully under skin.
- Stay out of saunas and hot tubs.
- Cover the arm or use a sleeve.
- Try not to break the skin.
- Use cream or spray that is safe for your skin.
- Be extra gentle with calluses.
- Wear gloves in the garage.
- Use oil on your cuticles so they don't crack.
- Be careful with hot irons.
- Use hot past gloves.
- Use an electric razor so you don't cut your head often so they never get infected.
- Be extra careful with knives.

Control the Pain After Surgery Step by Step Page 1

How to Make Pills Work

- Take your pain medicine on time.
- There's no prize for not taking your pills. Your body will not get used to the medicine. Skipping pills is not a good idea.
- Wait 45 minutes. Take your next pill. Less—it may go away.
- While you wait, rest. Learn more about it.

Understanding Pills

If you don't take your pills, you stop your pain medicine. If you skip pills, the pain will come back. If your doctor said to take pills, take them on time, every time.

LOW pain is not NO pain. To have less pain, take your pills on time, every time.

Breast Surgery with Multiple Drains Step by Step Page 1

Before You Leave the Hospital

- Ask your doctor or nurse:
 - When can I take a shower?
 - Should I change the bandage around the tubes?
 - Should I "strip" the drain tube?
 - Are there any special instructions for me?
- Find the CareKit Map in this kit. Read these Step-by-Step instructions. When you see a word in Pink, find a picture of it on the CareKit Map. All the supplies on the Map are in the Kit.

At Home: Prepare for Care

Empty a Bulb when it is half full or feels heavy.

- Look at this picture and learn the name of each part.
- Find a flat, clean place to work on, like a table or counter. Get a clean towel, a washcloth and a pencil.
- Wet your hands with warm water. Pour a drop of soap: the size of a dime on one hand. Wash well. Rinse with warm water. Dry on the clean towel.

Empty each Bulb

The first time you do your self care, find the Drain Labels in the Kit. Wrap a Label around each tube. Start with #1.

- Set out one Measuring Cup. Open one Alcohol Pad package.
- Unpin a Bulb or take one out of the EasyWear™ Belt Bag. Lay the Bulb on the table.

If you want, put on Gloves to do the next steps.

from the page

Results

"From the time my mother came home from the hospital we used the kit. The item that is the most invaluable is the bag for the drains. My mother wore them as you would a sling during the day and at night she wore them around her waist. She found she had greater mobility and overall it was easier to move around."

- Linda W.
South Carolina

"The kit was extremely helpful to me and my care-giver (spouse). I would not have had the slightest idea as to what supplies I would need! And there they are--were the most concise and clear directions I have ever seen for any product. The Kit certainly made my post-op care much easier."

Mary B.
Bowling Green, KY



1-877-CAREKIT
1-877-227-3548
Item #515PS