

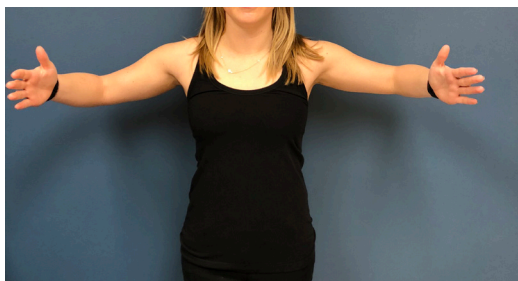


PRECAUTIONS AFTER BREAST SURGERY

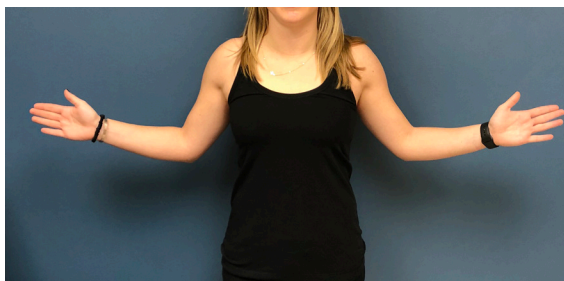
YOUR HOME EXERCISE PROGRAM PROMOTES CIRCULATION AND WOUND HEALING AND INCREASES YOUR ACTIVE RANGE OF MOTION.

General Guidelines

- You are encouraged to use your arms for everyday activities such as eating, grooming, bathing, dressing and toileting.
- You may feel tightness in your chest and underarm after surgery. This is normal and these symptoms will improve with your exercises and time.
- Many people experience burning or tingling sensations after surgery. This is normal and should decrease with exercise and time.
- If you experience excessive swelling, redness or pain, contact your surgeon's office.



Arms out to shoulder height



**Hands away from your body
with elbows close to side**



**Arms relaxed
at your side**

- All arm motion must be within the "BOX."
- NO lifting greater than 8-10 pounds (by your body).
- NO excessive pushing or pulling.
- DO NOT do repetitive activities for any length of time such as vacuuming or gardening. However, you are allowed to complete exercises given by your therapist.

RESOURCES

Siteman Cancer Center

- Counseling Services - 314-747-5587
- Social Work - 314-747-5574
- Financial Specialist - 314-454-8064
- Nutritionist - 314-362-7844
- Gentle yoga at the Center for Advanced Medicine, 3rd floor; Farrell Conference Center, Tue., 5:30-6:30pm

Healing Chair

- (healingchair.org) - Recliner that can be provided for after surgery

Pink Ribbon Girls

- (pinkribbongirls.org) - They provide meals, house cleaning and transportation in a 40 mile radius of St. Louis. All services are free. There is no age or income restriction.

YMCA

- (gwrymca.org) - Three month free cancer classes with LIVE STRONG (Note: not all YMCA's participate)

Healing Art Center

- 314-647-8080; Free massage for cancer patients

Pink Pepper Co.

- (pinkpepperco.com) - Mastectomy pillow and tops after surgery

Bra Apparel Options

- Ann's Bra Shop
 - Chesterfield, MO - 314-878-4144
 - Wentzville, MO - 636-332-6700
 - O'Fallon, IL - 618-624-8010
- Medical West Boutique
 - Clayton, MO - 314-725-1888

Financial Assistance

- Gateway to Hope (gthstl.org) - Christine A Lyss, RN; 314-569-1113
- No Woman Left Behind (nwlb.org) - 314-497-8450