



[cancer.org](http://cancer.org) | 1.800.227.2345

---

- not just a sentinel lymph node biopsy
- Women who were treated with [radiation](#)<sup>4</sup> after surgery
- Women with excess weight
- Women with anxiety or depression

PMPS is less common than it once was because ALND is done less often.

## Managing post-mastectomy pain syndrome (PMPS)

PMPS can keep you from being able to use your arm like you used to, but there are options to manage it.

### Treatments

- Gabapentin – Medicine used to treat nerve pain
- Venlafaxine – Medicine used to treat symptoms that you might have with nerve pain, such as hot flashes

Surgical- UT q BT 1 0 0 1m 0 g 1 0 0 1 95.35 442.88 Tm 0 0 0 rg /GS54 g 4.5 Tf 0 0 0 rg /GS55 g

[integrative-medicine/complementary-and-alternative-methods-and-cancer.html](#)

## References

Marco E, Trépanier G, Chang E, Mauti E, Jones JM, Zhong T. Postmastectomy functional impairments. *Curr Oncol Rep*. 2023 Nov 13:1-9. Accessed January 11, 2024 at <https://doi.org/10.1007/s11912-023-01474-6>

Shen J. Postmastectomy pain syndrome: risk reduction and management. In: Post TW, ed. *Uptodate*. Uptodate; 2022. Accessed January 11, 2024 at Postmastectomy pain syndrome: Risk reduction and management - UpToDate

Sokolof JM, Aghalar MR, Stubblefield MD. Physical rehabilitation for cancer survivors. In: Post TW, ed. *Uptodate*. Uptodate; 2023. Physical rehabilitation for cancer survivors - UpToDate

Last Revised: March 29, 2024

## Written by

The American Cancer Society medical and editorial content team  
(<https://www.cancer.org/cancer/acs-medical-content-and-news-staff.html>)

Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as journalists, editors, and translators with extensive experience in medical writing.

American Cancer Society medical information is copyrighted material. For reprint requests, please see our Content Usage Policy ([www.cancer.org/about-us/policies/content-usage.html](http://www.cancer.org/about-us/policies/content-usage.html)).

**cancer.org | 1.800.227.2345**