You are scheduled for breast surgery. This surgery is either a biopsy to remove and examine a sample of abnormal breast tissue, or a lumpectomy to treat breast cancer.

How do I prepare?

1 Week Before Your Surgery
- Stop taking aspirin and some other medicines: Do not take any aspirin or other products that affect blood clotting for 1 week before your operation unless specifically told to continue. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See the attached handout, “Medicines to Avoid Before Surgery,” for more information.
- Arrange for someone to drive you home: You will be sent home from the hospital the same day or within 24 hours after your surgery. You will need someone to drive you home from the hospital.

48 hours Before Your Surgery
- Shaving: Do not shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do not shave that area for 2 days (48 hours) before your surgery.

24 Hours Before Your Surgery
- Take 2 showers: Take 1 shower the night before, and a second shower the morning of your operation. Use the antibacterial soap your nurse gave you to wash your body.
Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair. Use clean towels to dry off, and put on clean clothing.

- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.

  The pre-surgery nurse will tell you when to come to the hospital and will remind you:
  - Not to eat or drink after a certain time
  - Which of your regular medicines to take or not take
  - To sip only enough water to swallow your pills
  - To bring a list of the medicines you take
  - That you will need someone to drive you home

**Day of Surgery**

- **Heating blanket:** To reduce your risk of infection, you will be covered with a heating blanket to warm your body while you wait to go into the operating room. Ask for a heating blanket if you do not receive one.

**In the Hospital After Surgery**

**Dressings and Support Bra**

- You will have white tapes called Steri-Strips and other dressings (bandages) over your surgery site. These dressings will include Telfa (white bandage strip) and Tegaderm (clear, sticky dressing), or paper tape if you have a Tegaderm allergy.

- You will also have a supportive surgical bra, which may include extra fluffy dressings. This bra may be worn both day and night if you are having discomfort. You may switch to your own supportive bra when you feel ready to do so.
When You Go Home

Most people go home the day of surgery, or within the next 24 hours.

Precautions

Medicine given during and after your operation will affect you.
For 24 hours after your operation, do not:

• Drive
• Drink alcohol
• Use any machinery
• Travel alone
• Sign any legal papers
• Be responsible for the care of another person

Pain Management

Use extra-strength acetaminophen (Extra Strength Tylenol) or the pain medicine your doctor has prescribed for you. The medicine is provided to help keep you comfortable. Use it as needed so that you can resume your usual activities.

Incision Care

Remove all outer dressings, except for the Steri-Strips, 48 hours after your surgery.

Showering

You may shower at any time after surgery, even the first day. The clear dressing is waterproof.

Activity

You may use your arm as much as you like. Let your pain be your guide. Stop doing any activity that causes you discomfort.

Diet

You may resume eating your regular diet after surgery. If you are constipated, increase the fluid and fiber in your diet. Try the tips in the handout, “Constipation After Your Surgery.”

Medicines

After surgery, you may resume your usual medicines as prescribed.
Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Clinic staff are also available to help.

For patients of Dr. Byrd and Dr. Mann:
UWMC Surgical Specialties Nurse Advice Line: 206-598-4549 (weekdays 8 a.m. to 4 p.m.)

For patients of Dr. Anderson, Dr. Calhoun, and Dr. Javid:
SCCA Women’s Center: 206-288-7563 (weekdays 8 a.m. to 5 p.m.)

After hours and on weekends and holidays, call 206-598-6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your surgeon to be paged:
Dr. ______________________

Returning to Work

You may return to work when you no longer need narcotic pain medicine and feel well enough to return. Talk with your doctor about how much time you should expect to take off work.

Call the Nurse Advice Line or Your Doctor If You Have:

- Bleeding or drainage that soaks your dressing
- A fever higher than 100.5°F (38°C)
- Shaking and chills
- Any sign of infection in your incision:
  - Redness
  - Increasing pain
  - Swelling
  - Foul-smelling drainage
  - A change in the type or an increase in the amount of drainage
- Nausea and/or vomiting
- Concerns that cannot wait until your follow-up visit

Follow-up

- A pathologist will examine the breast tissue you had removed during surgery. Your doctor will talk with you about the results at your follow-up visit.