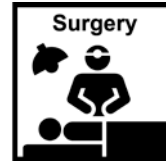


Lumpectomy CareMap (with or without Sentinel Node)

How to prepare for your surgery and what to expect afterward

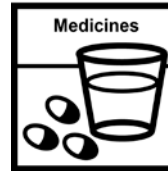
Before Surgery Day	Day of Surgery	
<p>7 Days Before</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plan for your ride to the hospital and back home. <input type="checkbox"/> If you usually take blood thinners such as Lovenox or Coumadin, talk with your care team. We may want to adjust your doses around the time of surgery. <input type="checkbox"/> Stop taking supplements and vitamins. <input type="checkbox"/> Pre-Anesthesia staff will tell you which medicines to take on the morning of surgery. <p>2 Days Before</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop shaving near the surgery site, if needed. <p>Day Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will receive a call from the hospital with your arrival time and medicine instructions. <input type="checkbox"/> Take a shower with the antibacterial soap, as prescribed. <input type="checkbox"/> Do not eat any food or drink any alcohol after midnight. <input type="checkbox"/> Read your surgery manual for full instructions on preparing for surgery. 	<p>At Home</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower with the antibacterial soap, as prescribed. <p>At the Hospital</p> <p>Before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at the Surgery Registration Desk at or before your arrival time. <input type="checkbox"/> A nurse will call you to come to the Pre-op area. <input type="checkbox"/> We will start an intravenous (IV) line to give you medicines and fluids. <input type="checkbox"/> We will place a heating blanket on you while you are waiting to go into the operating room (OR). Keeping your body warm helps lower the risk of infection. <input type="checkbox"/> You will meet with: <ul style="list-style-type: none"> - An anesthesiologist to talk about anesthesia - A member of the surgery team so that you can ask questions and sign a consent form (if not already done) - Nurses to review your health history <input type="checkbox"/> A member of the anesthesia team will take you to the operating room (OR). 	<p>After surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will: <ul style="list-style-type: none"> - Wake up in the recovery room - Have an IV in your arm - Be given pain medicine through your IV or by mouth, and anti-nausea medicine if needed. When your doctor says you are ready, you will be discharged from the recovery room. <p>Self-care and Activity at Home</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read the handout “Stretches and Exercises.” Move your arms gently. Listen to your body and let pain be your guide. Stop if something hurts. <input type="checkbox"/> Keep all dressings clean and dry. <input type="checkbox"/> Eat a normal healthy diet, as you can. <input type="checkbox"/> Start walking on the day of surgery. <p>Follow-up Visits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Before you leave the hospital, we will set up a follow-up visit with your breast surgeon or Advanced Practice Practitioner (APP).



At Home: Week 1 After Surgery

Treatment and Medicines

- Your pain will be controlled by:
 - Acetaminophen (Tylenol) and/or ibuprofen (Advil, Motrin)
 - Opioid pain pills *as needed* (always take with food)
- Begin to taper dose of opioid pain pills.
- Keep taking the medicine prescribed for constipation while you are taking opioid pain pills (unless you are having loose stools).



Diet

- Eat your usual foods.
- Drink plenty of water to stay hydrated.

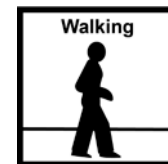


If You Have Dressings

- Leave them in place for 48 hours after your surgery.
- They are waterproof, so you may shower. Do **not** soak in a tub.
- At 48 hours, remove the outer bandages from breast and armpit (if present). Leave the white Steri-Strips in place. Gently pat the Steri-Strips dry after you shower.

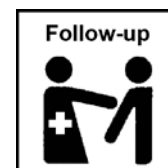
Activity

- Walk at least 4 times a day, going farther each day.
- Do not drive while you are taking prescription pain medicine.



Follow-up Visits

- Visit with breast surgeon and/or APP 1 to 2 weeks after surgery:
 - Talk about pathology report (you may receive results by phone before this visit)
 - If needed, talk about seeing medical or radiation oncologist for more treatment
- If you had a sentinel node procedure:** Receive a prescription for physical therapy.



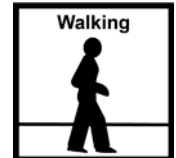
At Home: Weeks 2 to 4

Treatment and Medicines

- Pain controlled by acetaminophen or ibuprofen, or both.
- Goal is to be off opioid pain pills by now.

Activity

- Walk every day, going farther each day.
- Once you have stopped taking opioid pain pills, you can drive if you feel OK doing so.
- Walk every day, going farther each day.
- Start using your arms more fully. Increase activity each week.
- Keep following the "Stretches and Exercises" handout. Start doing more exercise. Build slowly. Let your body guide you. If something you are doing hurts, slow down or stop!



Follow-up Visits

- See "Follow-up Visits" for Week 1.
- If you had a sentinel node procedure:** Visit with Physical Therapy to talk about lymphedema prevention and monitoring.



Questions or Concerns?

Your questions are important. Call your care team if you have questions or concerns.

- SCCA Breast Health Clinic:** 206.606.7563
- UWMC Breast Clinic - Northwest Campus:** 206.668.6746



For urgent needs after hours:

You can also call your clinic any time of the day or night. Ask to speak with the on-call provider.