

Lumpectomy CareMap (with or without Sentinel Node)

How to prepare for your surgery and what to expect afterward



Before Surgery Day

7 Days Before


- Plan for your ride to the hospital and back home.
- If you usually take blood thinners, talk with your care team. We may want to adjust your doses around the time of surgery.
- Stop taking all supplements. This includes any vitamins, minerals, and herbs you take.

2 Days Before

- Stop shaving near the surgery site

Day Before Surgery


- You will receive a call from the hospital with your arrival time.
- Take a shower with the antibacterial soap, as instructed.
- Do not eat any food or drink any alcohol after midnight.
- Read your surgery education for full instructions on preparing for surgery.



Surgery Day

At Home

- Take another shower with the antibacterial soap, as instructed.



At the Hospital



Before surgery:

- Check in at the Surgery Registration Desk at or before your arrival time.
- A nurse will call you to come to the Pre-op area.
- We will start an intravenous (IV) line to give you medicines and fluids.
- 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.
- You will meet with:
 - 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
- A member of the anesthesia team will take you to the operating room (OR)

After surgery:

You will:


- 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 you're awake and your vital signs are stable, you will be discharged to go home.



Self-Care and Activity at Home


If provided, read the handout "Stretches and Exercises." Move your arms gently. Listen to your body and let pain be your guide. Stop if something hurts.

- Keep all dressings clean and dry.
- Eat a normal healthy diet, as you can.
- Start walking on the day of surgery.



Follow-up Visits

When scheduling your surgery, a follow-up visit was scheduled 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 your 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.
- 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 or message your care team if you have questions or concerns.



- **FHCC Breast Health Clinic:** 206.606.7563
- **UWMC Breast Surgery Clinic - Northwest Campus:** 206.668.6746

For urgent needs after hours:

Call the hospital operator at 206.598.6190 or call your clinic any time of the day or night. Ask to speak with the on-call provider.