

## OVERLAKE CANCER CENTER

# INSTRUCTIONS FOLLOWING LUMPECTOMY SURGERY

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### **Incision and Dressing Care**

- Your incision will have both internal sutures and a steri-strip (small white strip of tape covering the incision). Some patients will require two incisions, one at the site of the lumpectomy and an additional small incision in the underarm area where the sentinel lymph node biopsy was performed. We will remove the steri-strip(s) in seven to 10 days. The sutures are dissolvable.
- Your chest will be wrapped in an ace bandage to provide support and lessen the chance of bleeding after surgery. The Ace Wrap can be removed 48 hours after surgery and you may shower at that time. It is fine to get the steri-strips wet. Simply pat the areas dry after your shower.
- Following removal of the Ace wrap, it is best to wear a supportive bra for comfort.
- Bruising and some swelling are common after surgery. Ice packs may be used for comfort on a limited basis for 24 hours after surgery. Avoid using ice packs for more than 20 minutes at a time. This reduces blood flow to the area and slows healing.

### **Diet**

- You may resume your regular diet as soon as you can take fluids after recovering from anesthesia.

### **Pain Management**

- People experience different types and amount of pain or discomfort after surgery. The goal of pain management is to assess your own level of discomfort and to take medication as needed. You will be given a prescription for oxycodone or Norco for the management of moderate pain. Ibuprofen (Advil or Motrin) or plain Tylenol may be used alone or added to these medications. Most patients require only ibuprofen or Tylenol within a few days following lumpectomy surgery.
- Please notify us of any drug allergies, reactions or medical problems that would prevent you from taking these drugs. Narcotics should not be taken with alcoholic drinks. We advise you not to drive while taking narcotics.
- Narcotics can cause or worsen constipation, so increase your fluid intake, eat high fiber foods—such as fruit and bran.
- A mild sore throat for a day or 2 after surgery is not uncommon. This is due to the placement of tube in the upper portion of your throat during the surgery to protect your airway. The tube is placed by the anesthesiologist after you are asleep and removed before you are fully awake.

## Activity

- Avoid heavy lifting and vigorous exercise until you see us for your first post op visit. We can advise you at that time as to the level of activity that is appropriate for you. You may resume driving when you are no longer taking narcotics and you feel safe turning the wheel and stopping quickly. Most people return to work within a few days to one week. Return to work varies with your type of work, your overall health and personal preferences. Discuss returning to work with us.

## Follow-Up Care

- The pathology results from your surgery should be available within 2-3 days after your surgery. We will contact you by telephone with the results and will discuss them in more detail with you at your postoperative visit. Please let us know the telephone number where you may be reached with the results.
- We would like to see you in our office for your first post operative visit, 7-10 days after your surgery. Please call our office 425.688.0212 to schedule this appointment if you have not already made the appointment at the time of your pre-operative visit.

## When to Contact Us

Contact us for the following problems by dialing our regular office number: 425.688-0212

- Pain that is not relieved by medication
- Fever more than 100.5 degrees Fahrenheit or chills
- Excessive swelling
- Discharge or bad odor from the wound
- Allergic or other reactions to medication(s)