



Information for You from Your Health Care Team

POST-OPERATIVE LUMPECTOMY AND AXILLARY NODE DISSECTION INSTRUCTIONS For **Dr. Numann's Patients**

You will be discharged from the hospital with a bandage covering your surgery site. In addition, you may still have a drain in place when you are discharged.

Leave the bandage on for 48 hours after surgery, then remove. Wetting the bandage with soap and water helps you to peel the bandage off easier. You do not need to re-bandage. Do not take a bath or shower until the dressing is removed unless instructed otherwise.

If you have a **Drain** in place when you go home:

DO NOT remove bandage until you are seen post-operatively at the Breast Care Center.

DO NOT take a shower or bath until this bandage has been removed.

FOLLOW directions on "Drain Care."

EXCEPTION: If your bandage becomes quite damp, you can remove the old bandage and apply a new bandage, (supplies may be found in any drug store.)

If you develop any swelling underneath your arm (where you had surgery) or along your chest wall, call the phone numbers above. This is most likely a "seroma", which is a collection of body fluid under the tissue. It is not an emergency. Your doctor will have you come into the office and will drain the fluid out.

PAIN CONTROL

*Most of your pain will be in your arm and axillary area (armpit). You will feel more pain when you move your arm. **This is normal.** You will be given written instructions on arm exercises and stretches to do after your surgery that will help you to move your arm and feel less pain.

You will be given a prescription for pain medication, (Vicodin, Percocet) before you leave the hospital, to be filled at your pharmacy. Take the pain medicine as prescribed for pain. **DO NOT** wait until the pain is too much before taking the pain medicine as it will not work as well.

As your pain gets less over the next few days you can switch to Tylenol 2 tablets or Ibuprofen (Motrin, Advil, Nuprin) 2 tablets every 4 hours for pain, as needed.

If you see bright red blood on your bandage, run a fever, develop shortness of breath, have chills or your breast swells up and becomes even more painful, **call immediately.**

Before you leave the hospital, an appointment will be scheduled for you at the Breast Care Center to have your drain taken out, (if one was left in place.) This is usually done in 2 to 5 days after surgery.

Your pathology report takes 7-10 days to finalize. You will be given a follow-up appointment to review the findings. Try to bring someone with you to this appointment.