



Breast Care Center: 315-464-8224

www.universityhospital.org

Information for You from Your Health Care Team

Post Operative Instructions: Lumpectomy with Sentinel Node Biopsy and/or Axillary Node Dissection

How Do I Take Care Of My Wound?

- You will have 2 incisions after your surgery, one on your breast and one under your armpit. You will be discharged from the hospital with a bandage covering both incisions.
- **Do not take a bath or shower until the dressing is removed.** Leave the bandage on for 48 hours after surgery, and then remove the dressing. Wetting the bandage with water in the shower or while taking a tub bath helps you to peel off the bandage easier. You do not need to re-bandage.
- You may have a **Tegaderm Dressing®** dressing. This is a clear plastic bandage placed over your surgical area. If you have this type of dressing you can shower or take a tub bath at any time. Water will not hurt this dressing. This dressing can be removed 3 to 4 days after surgery.
- You may have a **Dermabond® Dressing**. This is a topical skin adhesive that is sometimes used instead of stitches. If you have this type of dressing you will be taught how to care for this type of dressing before you have your surgery. You will also be given written directions.
- If you develop **swelling** in your breast or underneath your arm call, The Breast Care Center at 315 464- 8224. This is most likely fluid under the skin. It is usually not blood and not an emergency. Your doctor or nurse practitioner will have you come into the office and will drain the fluid.
- If you see **bright red blood on your dressing, call the Breast Care and Endocrine Surgery Center right away.** The phone number is 315 464-8224. Hold a washcloth with firm pressure over the surgery site for 4 to 5 minutes to stop the bleeding.
- If your breast swells, becomes hard and painful, or you develop a fever, chills or sudden shortness of breath; call the Breast Care Center right away.

What do I do if I am in pain?

- You may have pain on your chest wall or under your armpit. You may feel more pain when you move your arm. **This is normal.** You will be given written instructions and shown how to do arm exercises and stretches after surgery. These exercises will help you to move your arm and decrease the pain.

- You will be given a prescription for pain medicine before you leave the hospital, to be filled at your pharmacy. Take the pain medicine as directed. You will have better pain control by taking your pain medicine on time.
- As your pain decreases over the next few days, you can change to Acetaminophen, Tylenol®, or Ibuprofen, Advil®, Motrin®, Nuprin®). Take two tablets every four to six hours as needed. **Do not take Aspirin.**

When will I have a post-operative visit?

- Your final pathology report takes 4 to 5 days. You will be contacted by the nurse practitioner with the pathology results.
- You will be given an appointment for a post-operative visit with your surgeon 7 to 10 days after your surgery. During your visit, the surgeon will discuss the pathology results with you in detail and future treatment plans. Many patients find it helpful to bring someone with them to this appointment.

Speak Up if You Have Any Questions or Concerns