



POST OPERATIVE INSTRUCTIONS

Breast lumpectomy and sentinel lymph node biopsy/axillary node dissection

After surgery today you will be wrapped with an Ace Bandage, covering gauze and your incision. Leave the Ace on for 24hrs. If it is too tight, you may unwrap and rewrap snugly. Under the gauze, you will see tape strips (Steri Strips) over your incision(s). Leave these on. They will fall off in 1-2 weeks or be removed at your post-operative visit.

You may shower 24hrs after surgery. Let the water and soap run over the incision/Steri Strips and pat dry when done.

After showering, rewrap ACE bandage or put on a bra to be worn 24hr/day for the next week. This will significantly decrease swelling and discomfort. You may take it off to shower.

Place ice on the incision(s) for 20 minutes every 2 hours for the first 2 days to decrease swelling. It is normal to feel sore, bruised and swollen, especially around the axillary incision. Try to avoid heavy lifting or anything too strenuous on the side of surgery for 3-5days, or until you are feeling better. Some numbness in the axilla is also very common in the first weeks after surgery. It should get better within 8-10weeks.

If you had a sentinel lymph node procedure, you may have been injected with blue dye. This will cause your urine to turn blue for the next few days. Drink lots of fluids to help flush it out. Your skin around the breast tissue injected may also look a little blue. This will also fade.

Pathology typically takes 5-7days to receive. Please call my office to make a follow up appointment for 10-14 days after your surgery [831 464 9962](tel:8314649962). I will call you with the results of your pathology as soon as I have them. At your follow up visit, we will further discuss plans for medical and radiation oncology, if indicated.

You may take pain medication as needed. Pain medication(s) can cause constipation. You may want to take an over-the-counter stool softener, such as docusate sodium (Colace) if you cannot have a bowel movement. You may transition to taking Tylenol as soon as you feel able. You may take Ibuprofen starting two days after surgery, if you'd like, for pain control.

You had anesthesia today and should not drive for at least 24hours. Do not drive if you are taking prescription pain medication. You may restart taking all your home medication, unless directed specifically to do otherwise.

Jessica S. Santillano, M.D., F.A.C.S.