Lumpectomy & Sentinel Lymph Node Biopsy
Discharge Instructions

Wound Care:
1. You will have 2 incisions: 1) on your breast (lumpectomy) and 2) under your arm (sentinel lymph node biopsy).
2. All of your stitches are buried under the skin and surgical 'super glue' is used to help hold the skin together.
3. You can shower the day after your surgery and get your wound wet. Let soapy water run over your wounds. You may resume showering as usual in 1 week. Avoid baths/submerging for 2 weeks.
4. It is normal to have some bruising after surgery.
5. There may be a small amount of drainage from your wounds. This is usually normal and nothing to worry about. Place a dry gauze or bandage (available at any drug store) on the wound to absorb any drainage.

For pain:
1. Wear your bra as much as possible including to bed. The less your breast moves the less it will hurt.
2. Ice packs to the area may help as well.
3. You may take Tylenol or Advil every 4-6 hours as directed on the bottle for mild or moderate pain.
4. You will be given a prescription for more severe pain. You can use it as needed. It may be combined with Ibuprofen, Aleve or Advil if pain relief is needed before the next dose is due.

Work:
1. If you would like, you may return to work the day after your biopsy. Most people should be able to return to work within 2-5 days.
2. If you need a work excuse for the day of surgery or for any days thereafter, please let us know.

When to call the doctor:
1. If you have severe, uncontrolled pain at the biopsy site.
2. If you run at fever of 100.5°F or higher within a few days of the biopsy.
3. If you have a large amount of drainage that is soaking the bandage more than once a day.
4. If the area around your wound becomes red/inflamed.

Follow Up Appointment:
Follow up appointments are generally scheduled approximately 7-10 days after surgery unless otherwise specified. Please call the office to schedule an appointment. We will go over your pathology at the time of your follow up appointment.