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BREAST & GENERAL SURGERY

Lumpectomy and Sentinel Lymph Node Biopsy

What to Expect + How to Prepare

The Day of Your Surgery:

1. You will arrive and register in the main lobby of the hospital. The official time of arrival will be given to you on the day before your surgery.
2. You will be directed to the pre-op area/A Woman's Place.
3. Your pre-op nurse will check you in and get you ready for your surgery.
4. If we are doing a localization procedure right before your surgery, you will take a "field trip" to the radiology department. The radiologist will talk with you about the localization and they will take some mammograms once the wire is in place. This helps me find the tumor accurately.
5. The injection of Technetium-99 for the sentinel node biopsy will also take place in the radiology department.
6. You will then return to the pre-op area to meet the anesthesiologist who will be administering your anesthesia. I will see you around this time, too.
7. We will then go to the OR and perform the operation.
8. You will wake up in the recovery area and be ready to go home soon thereafter. I will talk with you and your family, but I won't have any real results to give you. I will get the final report from the pathologists in about a week. We will review everything in great detail at your post-op appointment in my office.

Your Pre-Surgery Checklist:

- Sports bra! Comfortable but supportive. Look for a bra rated for high impact activity. Get two. You will wear the bra day and night for the better part of two weeks. Most women prefer if they can zip or clasp them in the front, but that's not a requirement. It doesn't have to be fancy, it just has to prevent jiggling.
- Ice pack ready to go in the freezer. (Frozen peas work, too.)
- Tylenol 325 mg tablets, which you will use every 4 hours for the first 3-4 days after your surgery.
- Miralax. If you use *any* narcotic pain medications, you should also use some Miralax to prevent constipation.
- A ride home, if your family/friend/responsible adult is not going to be waiting.
- Some relaxing quiet activities to keep your mind happy and occupied, like a new book or some magazines, your favorite movie, or a handcraft hobby.
- Comfy pajamas and a fuzzy robe are optional, but recommended.

Back to Work? If you would like, you *may* return to work the day after your surgery, as long as it doesn't involve strenuous activities, bouncy activities, or heavy lifting. If you need a work excuse for the day of surgery or for any days thereafter, please let me know in advance. Its best to make all of these arrangements ahead of time.

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