



Alexis Alexandridis M.D.
BREAST & GENERAL SURGERY

Lumpectomy and Sentinel Lymph Node Biopsy

Post Operative Instructions

Wound Care:

1. You will have 2 incisions: on your breast (lumpectomy) and under your arm (sentinel lymph node biopsy).
2. All of your stitches are buried under the skin and skin glue is used to help hold the skin together.
3. You can shower the day after your surgery and get your wound wet (it will be sealed by the glue), but avoid submerging the wound in water for three weeks.
4. You may have some bruising after surgery and this is normal.
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 a supportive bra (i.e. sports bra) day and night for the first 48 hours, then daily for two weeks. The less your breast moves the less it will hurt.
2. Ice packs to the area may help as well (over your clothes).
3. You may take Tylenol or Advil every 4-6 hours as directed on the bottle.
4. You will be given a prescription for a mild narcotic for more severe pain. You can use it if needed.

Work:

1. If you would like, you may return to work the day after your surgery.
2. If you need a work excuse for the day of surgery or for any days thereafter, please let us know.
3. Avoid vigorous and bouncy activities for the first two weeks; walking, low impact exercises and routine housework are all OK.

When to call the doctor:

1. If you have severe, uncontrolled pain at the biopsy site.
2. If you run a 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.

My follow up appointment will be at the office.

Date:

Time:

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