

Discharge Instructions: Wide Local Excision with Sentinel Lymph Node Biopsy - Breast

What To Expect

- You will have Dermabond® (skin glue) covering your incision(s) to create a protective barrier over the wound. You may have 1-2 incisions depending on the location of your tumor.
- A small amount of bruising is normal after surgery.
- If the blue dye was used during the surgery for the sentinel lymph node biopsy, the skin may be blue, as well as parts of your eyes and your urine, for the first 24-48 hours post op.

Wound Care

- You may shower after 24-48 hours after surgery.
- When showering, do not try to scrub the incisions. Do not soak the incision (baths/swimming/hot tubs) for 2 weeks. Allow soap and water to come in contact with your incision and then pat dry with a clean towel. Keep the incisions clean and dry.
- The Dermabond® will start to come off after about 2 weeks. Do not try to pick off the loose edges.
- Avoid bras that rub or put direct pressure on the incision sites. Wearing a sports bra or supportive bra will aid in comfort after your procedure.

Restrictions

- It is helpful to walk regularly after surgery.
- Avoid lifting anything weighing 10 pounds or more. Avoid excessive use of the affected arm (such as weight lifting) for the first 2 weeks.
- Most home medications can be restarted the day after surgery (24 hours after surgery) unless otherwise instructed by your surgical team. Specific instructions for blood thinners/aspirin will be given to patient per the medication reconciliation form.
- Do not make important decisions or drive while on opioid pain medications. You may begin driving 24 hours after you stop taking any prescribed pain medications.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

Pain Control

- Ibuprofen (Advil®/Motrin®) and acetaminophen (Tylenol®) are over-the-counter pain medicines that work very well for pain control. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.
- You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water.
- You may alternate the ibuprofen and acetaminophen every 3 to 4 hours if needed.

Call Us If...

- you develop a fever higher than 101° F (38.3°C) or have a fever with chills
- an incision becomes red, inflamed, warm, or tender to the touch
- you notice pus-filled, foul smelling drainage from the surgical site
- you notice that your chest wall is becoming "puffy" or filled with fluid after surgery
- you are unable to eat or drink without vomiting
- you have a large amount of drainage from surgical site
- you have severe pain that is not relieved with pain medication
- If you have any questions or concerns, please contact our clinic at **716-845-3152**. The Breast Center is open 8:00am and 5:00pm on weekdays, but your call will be answered even if the Breast Center is closed.

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic about 1- 2 weeks after surgery.
- At this appointment, you will receive the final pathology report and discuss any further recommendations or treatments.
- Remember: the stitches used in surgery are dissolvable and therefore do not need to be removed.
- Since this appointment is very important, please contact the clinic if you do not have one scheduled or if you need to change the date or time.