

Discharge Instructions: Lumpectomy with Sentinel Lymph Node Biopsy – Dr. Poss

What To Expect

- You will have two incisions, one on the breast and another near your underarm area.
- A small amount of bruising after surgery is normal.
- If blue dye was used during the surgery for the sentinel lymph node biopsy, the skin may be blue, as well as the white parts of your eyes, and your urine may also be blue for the first 24 hours.

Wound Care

- All of your stitches will be under the skin. A special skin glue called Dermabond® is applied over the incision. This creates a protective barrier over the wound, and no gauze is needed. It normally has a slight purple color.
- You may shower the day after surgery. 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 gently pat dry with a clean towel.

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.

Recovery and Restrictions

- You may resume your normal daily activities the day after surgery.
- Do not lift anything weighing 10 pounds or more for 2 weeks. No strenuous exercise for 4 weeks. Walking and light jogging are okay.
- Do not drive if you are taking opioid pain medications.

When to Call the Doctor

Call Your Doctor If...

- you develop severe, uncontrolled pain at surgery site
- you have a fever of 100.5 F (38°C) or higher
- you experience a large amount of drainage from the surgery site
- the area around the incision becomes red/inflamed

You may call:

- Park Club Lane office at **716-332-6834**
- Essjay or Orchard Park offices at **716-656-4450**
- Roswell Park at **716-845-2300**, and ask for the breast surgeon on call