

Breast Procedures
(lumpectomy, sentinel lymph node biopsy, mastectomy, complete lymph node removal)

Pre Operative Instructions

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Office: 520-512-5757

**** call 7- 10 days before surgery to get meds****

An assistant is used in some procedures. If your insurance does not cover, you will receive a bill for their services.

Education: lots of helpful sites, try the two below.

- breastcancer.org
- susangkoman.com
- If you are to have a drain, review online re: “**JP drain care after mastectomy**” Lots of you tube videos.

Booking/Arrival/Transport to O.R.:

- Our office will contact you regarding time, place, time of arrival and instructions about surgery.
 - **You may need to go to one or two departments in radiology** before the actual surgery. Our surgery scheduler will discuss with you and forward instructions.
- **Nothing to eat or drink from midnight the night before procedure or as my office directs you . Your case may be cancelled otherwise.**
- Meds may be taken with sips as usual. You may be asked to stop certain medications before or on the day of surgery.
- You are usually asked to arrive 2 hours before your scheduled time.
- Upon arrival, you'll meet your O.R. team including your anesthesiologist. You will receive a mild intravenous sedative and taken to the O.R. where you will be further sedated. We will discuss whether you will have just sedation or will require general anesthetic.
- **If you have sedation or general anesthesia, you must have a friend/family member to take you home** and ideally stay with you the first night. Otherwise a medi-taxi may be arranged via your insurance company. You are responsible for arranging appropriate transport. If suitable transport is not available, your procedure may be cancelled.
- **You may not go home in a regular taxi or bus if you have had any sedation or general anesthesia.**
- **What to do to prepare/what to get ready:**
 - **Shower in hibiclens on am of surgery(get generic at walgreens).Use it just like soa, but apply for 60 seconds, then wash off. Specifically also apply to area of surgery.**

- **If possible obtain before surgery, from the drugstore: ibuprofen, acetaminophen (Tylenol), colace, and any prescriptions I've provided.**
- **Have water /snacks at bedside so meds may be taken with them.**
- **If you are to have a drain: Band-aids are needed to cover drain exit site.**
- **Ice packs available. Extra gauze and tape may be obtained at the drugstore without prescriptions, in case of oozing.**
- **Snug sports bra to support breast(s), if you have had a lumpectomy (An Ace wrap will be placed if you have had a mastectomy)**

After the procedure:

- You will stay in the recovery area for about 2 hours, potentially longer depending on any medical issues.
- I will speak with any family/friends waiting for you, review operative findings, and review instructions.
- Prior to Discharge, you will have an opportunity to review instructions with the R.N. staff and your family/friends.

Postoperative expectations/Restrictions:

- **Wound pain** may last for a few days or few weeks. Very large incisions and incisions in the underarm tend to hurt a bit more and for longer. Numbness/tingling, in the chest wall, underarm, along the arm are common place and worse if all the lymph nodes are removed. Some arm swelling is inevitable if you have complete lymph node removal.
- You will have **bruising, swelling, hard areas** in the wound(s) that will resolve over several weeks
- **Diet:** As usual.
- **Fatigue** may occur usually improves over a days to weeks depending on the extent of surgery.
- **Alcohol** should be avoided for the first 5 days.
- **Activity:** no lifting more than 15 lbs for 4 weeks on the involved side.
- **Urinary retention:** Rarely patients are unable to urinate after surgery. If you are unable to do so 6 hours after you get home, please call.
- **Travel** should be avoided for 2 weeks after the procedure, if possible.
- **Driving** should be avoided for 2-5 days after lumpectomy, and about 2 weeks after mastectomy. Subsequently drive if you are fully alert, not on narcotics, and feel you can appropriately react to any driving stressor.

- **Home medications** may be resumed as usual upon arrival home. Specific instructions may be given regarding certain medications such as blood thinners.
- **Wound Care:**
 - If you **have drains in axilla or chest wall:** Clear Tape and gauze will be placed over the sites. . You may shower as usual and let soapy water run over this, pat dry. Remove 48 hours after surgery and replace with a bandaid to keep suture and drain exit site covered. Replace bandaid every day until drains removed. This is to prevent sutures from catching on clothes.
 - **Lumpectomy :** Clear tape and gauze will be placed over sites. You may shower as usual and let soapy water run over this, pat dry. Do not scrub in the vicinity. You can remove this dressing in 48 hours. White strips on wounds should be left in place, to be removed in 14 days.
 - **Mastectomy:** Unwrap Ace wrap on the first day after surgery, remove white pad, get in shower and let soapy water run over wounds, pat dry. Can apply more white pads (kotex pads good) if any oozing. Rewrap with Ace for support and to diminish swelling.
 - **Do not soak in water for 2 weeks.**
 - There may be bloody, pink, orange, yellow discharge for 5 days – 7 days.
- **Showers:** You may shower the next morning. Do not soak in water for 3 weeks.

For Pain relief: Take meds with food/water

- Ice on wounds, 20 minutes at a time, 2-3 times a day is helpful

#1 Ibuprofen 600-800 mg by mouth every 8 hours (**avoid if gastritis, ulcers, inflammatory bowel disease, intolerance to this drug, kidney failure/kidney removal or if on blood thinners**).

#2 A narcotic prescription to be provided. If Ibuprofen not enough ,you may take the ibuprofen and narcotic together . You may take them at the same time or stagger them by 2-4 hours.

For Nausea:

#1 Promethazine or ondansetron (you will receive a prescription).

#2 Benadryl 12.5 – 25 mg by mouth every 8 hours if #1 not enough. This may be obtained at the drugstore without prescription.

#3 Any other med we decide on if the above not helpful.

Treatment of Constipation:

If you do not have a bowel movement within 24 hours after surgery, then:

#1 Colace 100 mg by mouth in am and pm. If not enough to help in 24 hours, then stay on it and add:

#2 Milk of Magnesia 30 ml once a day. If no B.M. 24 hours later, then stop it, stay on colace and add:

#3 Magnesium Citrate 1 bottle once by mouth. Take ice cold, poured over ice, rapidly over 1 hour, along with large glass of cold water. If no B.M. in 24 hours:

#4 Repeat magnesium citrate ½ bottle by mouth once again and take a Fleets enema.

#5 If none of the above work, call me for other options.

All may be obtained at the drugstore without a prescription.

Itching:

#1 Benadryl 25 mg tablet by mouth every 8 hours.

#2 Once strips off of wounds, try Benadryl ointment or topical steroid ointment to areas of itching 3-4 x a day. **Can get both at drugstore without prescription.**

Blistering at wound site:

White strips on wounds (steri-strips) can cause blistering or redness in some patients. **If this occurs you may remove them anytime and let me know.** If not helpful, please call.

Time off from Work/School:

- **Plan on taking 3-14 days off after lumpectomy . Patients with mastectomy or complete lymph node removal, we will discuss.** You may return once you feel you can work a full day as long as you follow restrictions. Please let me know if you need a **work release.** You may get it on day of follow up or we can fax to number you provide. Please be specific as to when you want to go back to work.
- **Any disability paperwork may be dropped off. We may take 5-7 days to complete. There is a fee of \$25.00.**

Follow Up:

- Call our office within a day or two after surgery (on a standard business day) to make a followup appointment . **Or you can make followup appt at time surgery scheduled.**
 - If you had a **lumpectomy/lymph node biopsy: see me in 2 weeks.**
 - If you had a **mastectomy/complete lymph node removal: see me in 3-5 days.**
- Call if you have Temp > 102, persistent, vomiting, worsening pain, redness in wounds that rapidly worsens, worsening arm swelling, or if you are unable to urinate 6 hours after you arrive home.
- If you have difficulty reaching me via office number, call my answering service at 570-1278.

Prescription refills: Please allow at least 5 days for refills

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2013/2018