

Patient Education Removal of Breast Tissue

Dear Patient:

Your doctor has scheduled you to have some abnormal breast tissue removed. Prior to surgery, your doctor will have discussed the different options for removal of breast tissue. The type of anesthesia you receive will be decided by your doctor.

Before Your Surgery

- ❖ **DO NOT** eat or drink anything after midnight on the night before the surgery.
- ❖ Remove all makeup, finger and toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue ring, etc.).
- ❖ When you arrive, you will be taken to your room to get undressed and into a hospital gown.
- ❖ Your doctor or a nurse anesthetist will visit with you regarding the type of anesthesia you will receive during surgery. Please tell the anesthetist if you have dentures or partials.
- ❖ You will have an IV started in the Same Day Surgery area.
- ❖ You may receive a sedative to help you relax prior to the surgery.
- ❖ If the tissue is small and difficult to feel, your doctor may request a “needle localization”. Prior to going to x-ray, you may receive medication to help you relax. In the x-ray department the staff will perform a mammogram during which a very small wire is inserted into the abnormal tissue. This wire will help your physician find the tissue during the surgery.
- ❖ You will be taken to surgery about ½ hour prior to surgery.

During Your Surgery

The surgery takes 20 - 30 minutes. You will have a heart monitor and blood pressure cuff applied, and a pulse oximeter (measures the oxygen in your blood) placed on your finger. When your doctor is ready, the anesthetist will give you medication through your IV which makes you very drowsy or may make you sleep through the surgery. After receiving the anesthesia or sedation, your doctor will make an incision on your breast and remove the abnormal tissue. Laboratory tests will be done on the tissues removed. A drain may be placed into the incision to allow drainage of excess fluids which may accumulate in the breast tissue and cause swelling. Your doctor will use stitches or staples to close the incision. A dressing will be placed over the incision site.

You will go to the recovery room to awaken from the anesthesia. You will be monitored in the recovery room for approximately 1 hour. If you received sedation medication, you may return to Same Day Surgery immediately after surgery.

After Your Surgery

- ❖ You will be taken back to your room for further monitoring for a short time. You will be encouraged to cough and deep breathe frequently.
- ❖ During this time you will be provided with water to drink and assisted to the bathroom. Please press your call light and ask for assistance when getting up.

- ❖ Wear a good support bra to decrease swelling and bruising around the incision and in the breast tissue.
- ❖ Limit the use of the arm on the side of the affected breast to reduce pain and swelling. Do not push or pull with this arm.

If you have a drain: Your doctor may want the drain left in place for 2-3 days after your surgery. Leave the dressing on and keep it clean and dry until you see your doctor. He will remove the dressing and drain in his office. If needed, maternity nursing pads are good reinforcement to wear in the bra for the drainage.

If you DO NOT have a drain: Keep the dressing clean and dry. You can remove the dressing after 48 hours. The doctor will remove the stitches or staples at your follow-up visit.

Pain/Medications: You can request pain medication which your doctor has ordered. Do not take the pain medication on an empty stomach as it can cause nausea.

Diet: You will be given water to drink after the surgery. If you tolerate this without nausea or vomiting, you may have clear liquids such as sprite, jello, broth, decaf coffee, etc. If tolerated, you may begin eating a normal, well-balanced diet.

Dismissal: You will need to have someone drive you home from the hospital. Please remember that you may still feel sleepy/tired when you go home. Go directly home and keep all follow-up appointments with your doctor.

After Your Dismissal

Activity: You will need to rest for the remainder of the surgery day. You can resume normal activities within 24 - 48 hours. The dressings may be removed the day after surgery. **DO NOT** drive or sign legal documents for 24 hours after your surgery.

Pain: The doctor may order pain medication which you can take. Please take as directed. **DO NOT** take with alcohol. Drink extra water or juices when taking a prescription pain medication to prevent constipation. A non-aspirin pain reliever, such as Tylenol or Ibuprofen can be taken for minor pain.

Infection: If you have any of the following, call your doctor.

- ⊗ Redness or swelling around the incision
- ⊗ Yellowish, green, or foul smelling drainage from the incision
(If you have a drain, reddish to clear drainage is normal)
- ⊗ Temperature greater than your doctor's recommendation (see dismissal instructions)
- ⊗ Chill or other flu like symptoms
- ⊗ Increase in severity of the incision or breast pain not relieved by pain medication
- ⊗ Chest pain, trouble breathing, or difficulty urinating
- ⊗ Itching or rash after taking your pain medication

Please refer to your dismissal instructions for further information.