



My Lumpectomy Surgery

Including Preparation
and After Surgery Care

Table of Contents

Timeline	2
Introduction	5
How to Use this Guide	5
What is a Lumpectomy?	5
Before Surgery	7
Pre-anesthesia Assessment	7
Seed Injection (Localization) Appointment	9
Getting Ready for Surgery	11
Jewelry	11
Make-up	12
Bathing	12
Food and Drink	12
Medications	12
If you have diabetes:	13
If you smoke:	13
The Day of Surgery	15
Registration	15
Operating Room	16
After Surgery	16
After Surgery Care	17
Coping After Surgery	20
Exercises After Surgery	21
Who to Call if You Have Questions	23
Notes	24
Sunnybrook Map	25

Timeline for Patients Having a Lumpectomy

1 to 2 weeks after you
sign consent for surgery

1 to 2 weeks before
your surgery

For some patients,
1 to 2 days before
your surgery

1

2

3

Your **surgeon's office** will
call you with:

1. Your surgery date;
2. The date and time of
any other appointments
you need.



Dr. Nicole Look-Hong
416-480-4210

Dr. Amanda Roberts
416-480-5000 ext: 3255

Dr. Frances Wright
416-480-4210

The **pre-anesthesia clinic**
will call you with:
The date and time of your
telephone or hospital
assessment.

**Pre-anesthesia
Assessment:**
**Hospital or Telephone
Appointment**

Date:

Time:

**Check-in location for
in-hospital assessment
appointments:**

Pre-anesthesia Clinic,
M-Wing, Ground Floor,
Room 402 (MG 402)

See page 7 for
how to prepare.

**Seed Injection
(Localization)
Appointment**

Date:

Time:

Location:

Breast Imaging
Department,
M-Wing, 6th Floor, Room
205 (M6 205)

**Breast Imaging
Department:**
416-480-4337

See page 8 for how
to prepare.



See Sunnybrook map on page 25 for the location of your appointments.



1 business day before
your surgery

The day of your surgery

2 to 3 weeks after
your surgery

4

5

6



Surgery

Date:

Time:

Registration Location
(Please check one ☒):

- ☐ **MG 502**
(M-Wing, Ground Floor, Room 502)
- ☐ **M6 205**
(M-Wing, 6th Floor, Room 502)

Post-Operation Appointment for Results

Date:

Time:

Location:

Breast Centre
M Wing, 6th Floor
Room 412 (M6 412)

See pages 11-13
for how to prepare.





How to Use this Guide

The information in this guide will help prepare you for your lumpectomy. It also has information about what will happen on the day of surgery and your care after surgery. Your surgeon and Sunnybrook nursing staff will go over this guide with you.

We know this may be a stressful time for you and you will be given a lot of information about your medical condition. We hope this booklet will help you keep track of what you need to do for your lumpectomy.

On pages 2 and 3, there is a place to write the dates and times of all your appointments for your lumpectomy. At the back of the booklet, there is a page for you to write notes of your own. If at any time you have questions, please ask a member of your care team.

Your medical records are accessible online through MyChart, a service available to Sunnybrook patients. In order to use MyChart you will need a password, which can be picked up at the Medical Records Desk on the second floor of the Odette Cancer Centre (Room T2-212). You can also get a password by completing the form on this webpage:

mychart.ca/pages/registration/onlineregistrationsb.cfm

The website address for MyChart is **mychart.ca**

A copy of this guide can be found on Sunnybrook's website at **sunnybrook.ca/lumpectomy**

What is a Lumpectomy?

A lumpectomy is surgery that removes only the area of concern within the breast and a small amount of normal breast tissue around it. The rest of the healthy breast tissue is left in place. The amount of tissue taken from the breast depends on the size of the lump or area of concern. Your lumpectomy surgery may also include other procedures such as the temporary placement of a localizing seed in your breast.

Important Reminders:

- Please bring this booklet with you to your pre-anesthesia assessment appointment and on the day of your surgery.
- Please bring your Ontario Health Card and your Sunnybrook card on every visit to the hospital.
- If you do not read or speak English, please bring someone with you who can translate.



Before Surgery

You may have 2 appointments before the day of your lumpectomy surgery.

- The first appointment is to make sure you are fit and safe for surgery (this is called the pre-anesthesia assessment).
- You may have a second appointment to inject a small localizing seed into your breast. Your surgeon's office will confirm if you will have this appointment.



Pre-anesthesia Assessment

During the assessment a nurse will ask you about your medical history, the medications you take and will talk to you about any special needs you might have after your surgery.

- The assessment may be done over the phone or in-person at the hospital.
- Patients who don't have other medical conditions are usually assessed over the phone.
- The pre-anesthesia clinic will phone to tell you whether you will have an assessment by phone or in-person at the hospital.
- The pre-anesthesia clinic will also tell you the date and time of the appointment.

If you have a telephone assessment appointment:

- Make sure the hospital has a phone number that you can be reached at during the day.
- The nurse will call your daytime number around the time of your appointment. Please keep in mind the nurse may fall behind schedule with other patients. The nurse may call you at any time within the hour of your scheduled appointment.

If you have an in-person hospital assessment appointment:

- Please check-in at M Wing, on the Ground Floor, Room 402 (MG 402).
- The visit will take place in the pre-anesthesia clinic (located in MG 223) and last from 2 to 4 hours.
- You will meet with a nurse, and may also meet with a pharmacist and the doctor (the anesthesiologist) who will put you to sleep in the operating room when you have surgery.
- Please eat and take all your regular medications before you come to this appointment.

What do I need to bring to the in-person hospital assessment appointment?

- If you do not read or speak English, it is helpful to bring someone who will be your translator.
- Please bring only 1 family member or friend to the appointment.

Please bring:

- ☐ Your Ontario Health Card
- ☐ The name and telephone number of your family doctor
- ☐ The names and telephone numbers of any specialists who treat your medical conditions
- ☐ All of your medications in the containers they came in. These include pills, inhalers or puffers, injections, and eye drops. Also bring any herbal medicines or vitamins you take.
- ☐ This booklet



Seed Injection (Localization) Appointment

Before your lumpectomy surgery, a localizing seed may be injected very close to the abnormal tissue in your breast. The seed is about the size of a grain of rice and gives off a radioactive signal. During your lumpectomy surgery, the surgeon will use a special probe that can find a signal from the seed. This helps the surgeon find the abnormal breast tissue. Knowing the lump's exact location will mean less breast tissue will need to be removed.

Where do I go for the seed injection?

- You will get a phone call from your surgeon's office to tell you the date and time of your seed injection appointment.
- The appointment will take place in Sunnybrook's Breast Imaging Department. It is in M Wing, 6th Floor, Room 205. (Take the elevators in M Wing to reach the 6th floor and then turn left to reach room M6 205 in the Breast Centre.)

What happens during the seed injection?

- A radiologist and technologist will do the procedure.
- A local anesthetic is used to freeze your breast. You may feel a slight burning at first. The breast will then feel numb during the rest of the procedure.
- Mammogram and ultrasound imaging are used to locate the lump in your breast.
- A needle is used to place the seed beside the abnormal breast tissue.
- A mammogram or ultrasound image will make sure the seed is in the right place.
- The technologist may apply adhesive paper skin tapes (known as Steri-Strips) or a bandage, if required at the needle site.
- You do not need to do anything with the Steri-Strips.

When will the seed be removed?

- The surgeon takes out the seed during your lumpectomy surgery.



Getting Ready for Surgery

When will the date and time of my lumpectomy surgery be confirmed?

- Your surgeon's administrative assistant will give you a surgery date 1 to 2 weeks after you have signed the consent for surgery. Please call if you do not hear from us by then. (See page 23 for phone numbers.)
- Please note that sometimes your surgery date may change.
- The Same Day Surgery Department will call you the day before your surgery between 11:00 a.m. and 3:00 p.m. to tell you what time you need to arrive at the hospital to register for your surgery. Please make sure the hospital has a phone number where you can be reached.
- For a Monday surgery you will be called on Friday.
- Your registration time could be as early as 6:00 a.m.
- Please tell your surgeon's office if you have a cold, fever or illness of any kind a few days before the surgery. Your operation date may need to be changed.

➡ What you need to do to get ready for surgery

Jewelry

Take off all jewelry (including wedding bands) and all body piercing before you come to the hospital. If you cannot remove rings, they will be cut off prior to surgery.

Jewelry left on can cause harm including:

- Burns from the equipment
- Swelling and reduced circulation in fingers and toes
- Choking or other injuries from mouth jewelry
- Infections
- Skin tearing near the jewelry
- Risk of injury to the hospital staff

EXCEPTION: Medic-alert bracelets should be worn



Make-up

- Take off all make-up. Remove all nail polish from your fingers and toes.
- Some surgical equipment does not work as well through nail polish.
- **DO NOT** use perfume, cologne, scented cream, body lotion, deodorant or hair products on the day of your surgery. Sunnybrook Health Sciences Centre is a fragrance-free hospital.

Bathing

- You may shower and wash your hair on the morning of your surgery.
- **DO NOT** shave your surgical area, such as your armpit.
- **DO NOT** use deodorant, talcum powder or baby powder on the day of your surgery.

Food and Drink



- **DO NOT** eat any food after 12 midnight on the night before your surgery.
- **DO NOT** drink milk, orange juice (or any juice with pulp), or alcohol after midnight.
- **DO NOT** drink any clear broth, such as chicken broth, after midnight. The fat content can interfere with the anesthetic. As a result, your surgery may be delayed or postponed.
- You may drink up to 300 millilitres (1 glass) of clear fluids such as water, clear juices (apple juice, cranberry juice, or Gatorade) up until 2 hours before surgery.

Medications

- **DO NOT** take any medications with acetylsalicylic acid or ASA (Aspirin); or blood thinners (Warfarin, Coumadin) 5 to 7 days before your surgery.
- **DO NOT** take any herbal remedies or homeopathic medicines for 14 days before your surgery. They can cause bleeding problems during your surgery.
- Bring this instruction booklet with you on the day of surgery so the nurses will know which medications you took.

Stop taking these medications before your surgery:

Name of medication:

- _____
- _____
- _____

Date of Last Dose: _____

Your doctor wants you to take these medications with a few sips of water in the morning before you leave for the hospital:

- _____
- _____
- _____
- _____
- _____
- _____

If you have diabetes:

- **DO NOT** take any insulin or oral diabetic medication on the day of surgery.
- Check your blood sugar and if your sugar is low, drink a small glass of clear apple juice.
- If you are going home on the same day as your surgery AND you take insulin, you will be seen by a nurse practitioner who specializes in diabetes before you leave the hospital. The nurse practitioner will tell you how to continue your medication once you are at home.

If you smoke:

Smoking or vaping nicotine can affect your healing and make your chances of getting an infection after the surgery higher.

Quitting Aids:

- Try to stop, or smoke/vape less before your surgery.
- **DO NOT** smoke or vape any tobacco products or recreational drugs on the day of your surgery.
- Speak to your doctor or nurse if you would like to quit smoking or you need help with withdrawal symptoms after your surgery.
- You can find information about quitting smoking on Sunnybrook's website: [sunnybrook.ca/quitsmoking](https://www.sunnybrook.ca/quitsmoking).



The Day of Surgery

Please bring this booklet with you on the day of your surgery. Before you go into the operating room, a number of steps may be required for your surgery:

- **Registration**
- **Seed injection (if this hasn't been done at an earlier date)**



Registration

Where do I check in?

- When you get to the hospital, check in at the Surgical Services Registration Desk. It is in M Wing, Ground Floor, Room 502 (MG 502).
- Bring your Ontario Health Card.
- You will be given a locker space to store your clothes and personal items, such as eye glasses, during your surgery.

Please do not bring:

- Money
- Jewelry



Please label with your name and contact information:

- Cell phones
- iPads or other electronic devices

The hospital will not take responsibility if they are lost or stolen.

How many family members or friends can come with me on the day of surgery?

- Please bring **ONLY 1** person with you to the hospital. Your companion will be asked to stay in the waiting room until you are ready for surgery. The person can then be with you until you are called for surgery.
- During your surgery, your family member or friend can wait in room MG 502.

Note:



Very rarely, surgery cases are cancelled because there is someone else who needs an emergency surgery. If this happens to you, you will be contacted by your surgeon's office and a new surgery date will be booked as soon as possible.

Operating Room

Once you have finished all your pre-surgery appointments, you will be taken to the Same Day Surgery Unit. Nurses will complete the final checks and an intravenous (IV) will be started in your hand. When the surgeon is ready, you will be brought into the operating room.

What will happen during my surgery?

- You will be put to sleep using a general anesthetic. Medication to make you sleep will be given through an intravenous needle.
- A tube will be placed down your throat to help you breathe.
- A small incision (cut) will be made over the area that needs to be taken out. The surgeon will then remove the lump, plus some normal breast tissue around it.
- All the tissue that is taken out will be sent to a lab to be examined by a pathologist (a doctor).
- The cut is closed with dissolving stitches.
- Paper skin tapes (known as Steri-Strips) are usually put over the cut.
- A dressing, or bandage, is then placed over the skin tapes.

After Surgery

What will happen after the operation is done?

- You will be taken to the recovery room.
- When you wake up, you will be moved back to the Same Day Surgery Unit in Room MG 601.
- A nurse will call your family member or friend to come and visit you.
- You will continue to rest and recover. The nurses will start to get you ready to go home.
- The surgery team will give you a prescription for pain medication before you leave the hospital.

Note:



You must have a responsible adult to take you home. It is dangerous for you to drive for 24 hours after your surgery because of the long-lasting effect of the anesthetic and pain medication.



After Surgery Care

How will I feel after my surgery?

- You may have a sore throat from the breathing tube that was in place during your surgery.
- You may feel sick to your stomach and tired from the medications you were given during and after your surgery.
- You may also feel sleepy.



What can I do to ease the pain from surgery?

- You will be given a prescription for pain medication before you leave the hospital after your surgery. Please take the pain medication as you are told by your health-care team.
- You can also use Tylenol (acetaminophen) Extra Strength.
- You can also use Advil (ibuprofen) in addition to the Tylenol.
- **DO NOT** use Tylenol or Advil if you are allergic to them.
- **DO NOT** take Tylenol Extra Strength if you have been prescribed Percocet (oxycodone) or Tylenol 3 by your doctor.

How do I take care of my surgical incision (cut)?

- Leave the outer bandage on for 48 hours. You can then take it off.
- The incision is covered with adhesive paper tape called Steri-Strips.
- Leave these Steri-Strips in place for 10 days after your surgery.
- After 10 days, you can take off the Steri-Strips while you are in the shower (the water makes it easier to remove them). They may come off on their own before 10 days. This happens to many patients and is not something to be concerned about.
- There may be one stitch at the end of the incision. It can be removed by your surgeon at your follow-up appointment.
- A small amount of blood on the bandage or Steri-Strips is normal.
- Wear a good supportive bra (day and night). This will help reduce pain and swelling.

I hear a sloshing noise in my breast. Is that normal?

- Sometimes after a lumpectomy surgery, fluid may collect where the breast tissue was removed. The collection of fluid (called seroma) is a normal body process to heal the area. You may “hear” the fluid. It may sound like a “sloshing” noise. This is normal.
- If the area gets very swollen and you have a lot of pain, call the breast nurse between 9 a.m. and 4 p.m. Monday to Friday at 416-480-5000. This is not an emergency. Some of the fluid may be drained and this may make you feel better.

Is there anything I cannot do after surgery?

- **DO NOT** drive a motor vehicle for 24 hours after surgery as it may be dangerous with all the medications from the anesthetic.
- **DO NOT** drive while you are taking your prescription pain medication as the medication may affect your ability to drive safely.
- **DO NOT** drink alcohol while taking prescription pain medication because taking both together can be dangerous.
- **DO NOT** lift anything weighing more than 10 pounds for 4 weeks after the surgery as it may damage the incision.
- **DO NOT** do repetitive shoulder movements for 3 weeks after the surgery as they may damage the incision. Repetitive shoulder movements include ironing, sweeping, mopping for extended periods of time.

When can I shower?

- You may have a shower after the outer dressings are taken off which is usually in two days.
- **DO NOT** scrub the incision
- **DO NOT** soak in a bathtub and **DO NOT** go swimming in a pool, lake or ocean until at least 4 weeks after the surgery.
- **DO NOT** use soaps, creams or lotions over the incision until it is fully healed.
- Gently dry using a clean towel.

When can I start my normal activities?

- You can do most of your normal activities 1 to 2 days after surgery, except for heavy lifting or repetitive movements with the arm that is on the same side as the surgery.
- You can go back to your normal diet when you feel hungry. There is no special diet after surgery.

When can I go back to work?

- You can go back to work 2 to 4 weeks after a lumpectomy surgery.

What can I do if I am constipated?

You may be constipated after surgery. Constipation can result from the medication used to put you to sleep for your surgery, certain pain medications, a change in diet and/or reduced physical activity.

If you have trouble having a bowel movement, the following may help:

- Drink lots of fluid after your surgery.
- Use a laxative such as Senokot, which stimulates the bowels so they move. Senokot is available at a pharmacy. Take 1 to 2 Senokot tablets twice a day as needed.
- Eat prunes or drink prune juice.

If these things don't help, call 416-480-5000 and ask to speak to the nurses on the breast team.

When should I get medical help if I run into problems?

If within 72 hours of your surgery:

- You have a lot of bleeding from where you had your surgery. "A lot of" means a completely soaked bandage.

Call your surgeon's office. (Please see page 37 for the phone number.) If you cannot get in contact with the surgeon's office, phone the general surgery resident on call at 416-480-4244.

If you have any of the symptoms listed below — and it is between 9 a.m. to 4 p.m. Monday to Friday — call the Breast Site Nursing Team at 416-480-5000.

If the symptoms happen outside of these times, call the general surgery resident on call at 416-480-4244 or go to the closest Emergency Department.

- Your incision (cut) gets red, swollen or very tender to touch. You may have an infection that needs to be treated with antibiotics.
- You have a temperature of 38 degrees Celsius or 100 degrees Fahrenheit or higher for over 24 hours. You may have an infection that needs to be treated with antibiotics.



Coping After Surgery

How will I cope emotionally?

- Your emotional recovery is just as important as your physical recovery.
- You may have feelings of fear, sadness, or anger.
- Ask for help from family and friends.
- You may wish to speak to an oncology nurse from the Breast Cancer Program.
- Feel free to ask questions to help you understand your diagnosis, treatment and decision-making.
- You may also contact the Patient & Family Support Program at 416-480-4623 or ask your oncology nurse to refer you.

What help can I get?

Sunnybrook Odette Cancer Centre Resources

Call the Patient and Family Support Program at **416-480-4623** to access:

- Social worker
- Drug Reimbursement Specialist – helps patients find funding for medications not covered under the Ontario Drug Benefit Program
- Psychologist
- Psychiatrist (A doctor's referral is needed to see a psychiatrist.)
- Dietitian
- PYNK program – for women under 40 with breast cancer
- PEARL (Patient Education and Resource Learning Centre) – 416-480-5000 ext. 4534

Other Important Sunnybrook Contacts:

- Occupational Therapist
416-480-6100, extension 5335
- Physiotherapist
416-480-6100, extension 80541

Community Resources

Ask your team for more information about these programs:

- Canadian Cancer Society – Peer Support program
- Wellspring
- Look Good...Feel Better program
- Gilda's Club
- Toronto Rehabilitation Institute (Rumsey Site) – Health, Exercise, Active Living and Therapeutic Lifestyle Program

Exercises After Surgery

- Normal use of your arm is important. If you have problems moving your arm after surgery, your doctor can refer you to a physiotherapist in the Breast Centre.
- Begin the following exercises one day after surgery. The exercises should be done 3 times a day until you have full movement in your arm(s).
- If pain stops you from doing your exercises, use your pain medication 30 minutes before you exercise.
- It is normal to feel a gentle stretch while exercising but you should not feel a sharp pain



- ① Sit or stand
- ② Lift your arm up, letting the thumb lead the way
- ③ Repeat 10 times



- ① Sit or stand
- ② Lift your arm up sideways with thumb leading the way
- ③ Repeat 10 times



- ① Sit or stand
- ② Roll your shoulders forwards and backwards
- ③ Repeat 10 times in both directions



- ① Sit with your back straight and feet firmly on the floor
- ② Put your shoulder blades together while turning your palms forward
- ③ Hold for 5 seconds, repeat 5 times

The exercises in this guide have been adapted from the booklet *Exercises after Breast Surgery*, Canadian Cancer Society, 2015.

Who to Call if You Have Questions

If you have questions about your surgery date, your pre-anesthesia assessment, or your post-surgery appointment, please call your surgeon's office.

- For Dr. Look-Hong's office, call: 416-480-4210
- For Dr. Roberts' office, call: 416-480-5000, extension 3255
- For Dr. Wright's office, call: 416-480-4210

If you have questions about your surgery or after-surgery care, please call 416-480-5000

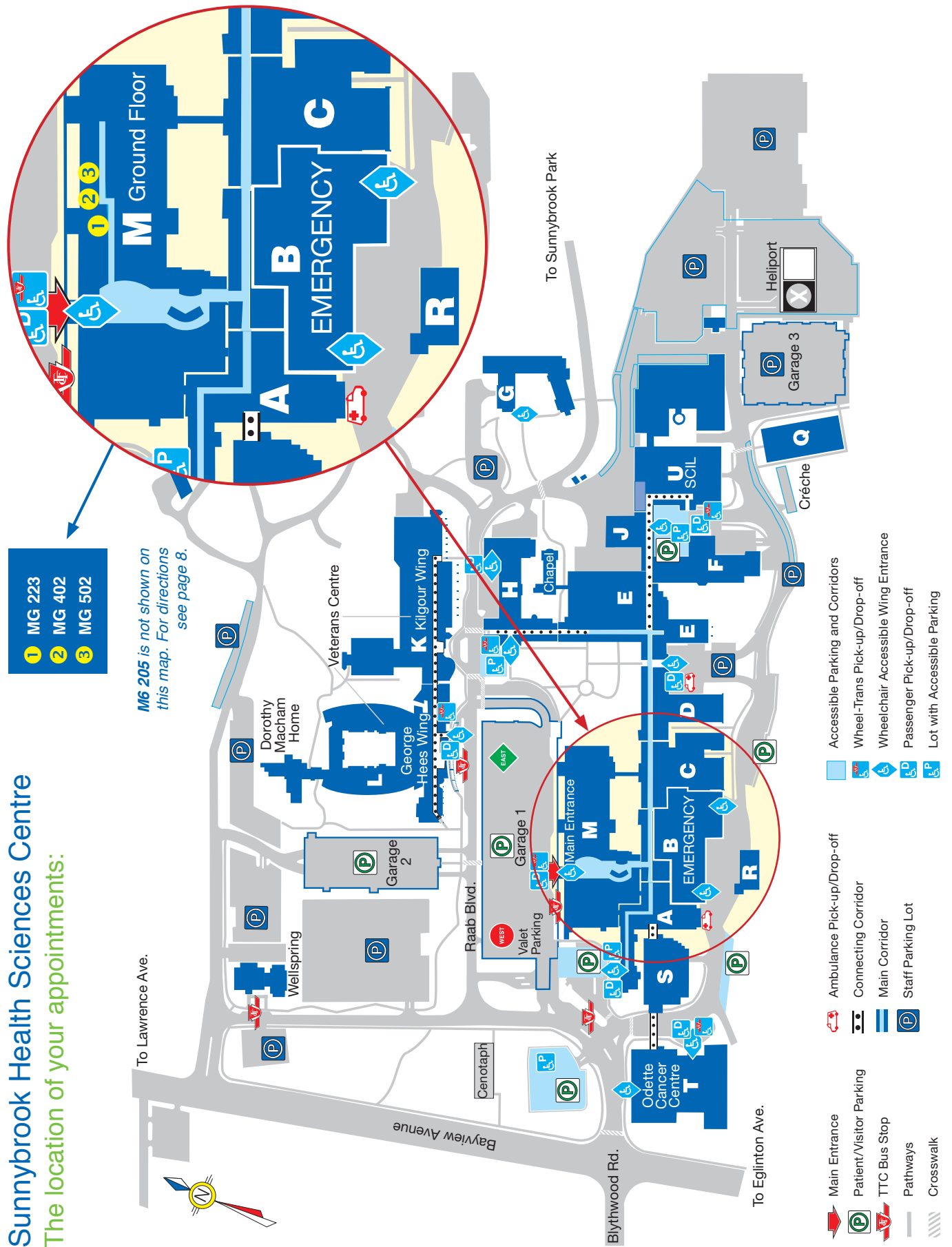
For more information about breast cancer surgery at Sunnybrook go to [sunnybrook.ca/breastcancersurgery](https://www.sunnybrook.ca/breastcancersurgery)



Notes

Sunnybrook Health Sciences Centre

The location of your appointments:





PR 47640 (2022/03/29)

Odette Cancer Centre
2075 Bayview Avenue
Toronto, Ontario M4N 3M5
sunnybrook.ca/odette

