

Understanding Your Breast Biopsy/Lumpectomy: Same Day Surgery



**PATIENT
EDUCATION**

Important phone numbers

The Breast Center: Open Monday-Friday: 8:00 a.m. to 5:00 p.m. Phone: **716-845-3152**.

- After hours you can reach Roswell Park 24/7 at **716-845-2300** or toll free at **1-800-ROSWELL (1-800-767-9355)**. Your call will be answered by the Roswell Park Call Center and triage nurse line. If it is determined you need to be seen, you may be asked to come to our Assessment & Treatment Center (ATC), which is open 24/7. You need to be referred to the ATC by your Roswell Park provider (or the provider on-call); it is not a walk-in clinic.

When to Call

Call the breast center immediately if you have:

- signs of infection: **Temperature of 100.4°F (38°C) or higher**, chills, cough, sore throat, pain or burning upon urination
- signs of local breast infection: Swelling, redness or heat, drainage containing pus, bad odors coming from your incision, increased breast pain or tenderness

If you feel you are in a life-threatening situation, call 911 or go to the nearest hospital emergency room. Bring your Roswell Park green card with you. Please have someone call us to let us know that you are in the ER or have been admitted to the hospital.

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1. Your Health Care Team

During your treatment, many different health care specialists will be involved in your care. Your team includes some or all of the following:

- You, the patient: The most important member of your health care team.
- Caregiver(s): One or more partners, family members, or friends who help you during your treatment.
- Your attending physician MD/DO: The medical doctor who coordinates and monitors your care.
- A physician fellow: A medical doctor who is receiving additional training in the specialty – or subspecialty - of cancer, or a subspecialty of cancer, and who will work closely with the attending physician to monitor your care.
- Advanced practice providers (APP): Nurse practitioners (NP) or physician assistants (PA), who work along with your physician in providing care.
- Registered nurses (RNs): Provides care for you during treatment.
- A registered dietitian (RDN): Can help you in planning your diet to help healing and recovery.
- A registered pharmacist (PharmD): Prepares your medications.
- A physical therapist (PT): Teaches you exercises to restore arm and shoulder movement after surgery.
- A social worker (MSW): Helps you and your family with counseling needs, financial concerns, and community referrals.
- A psychologist (PhD): Helps you cope with the psychosocial problems associated with cancer, including sexual concerns.
- A case manager (RN): A nurse who coordinates and assists you with discharge from the hospital.
- An occupational therapist (OT): Helps to prevent/minimize the lymphedema that may occur after breast/lymph node surgery.

2. About Your Surgery

Throughout your treatment, you will follow a specific care plan. Your plan will depend on your individual diagnosis. The following pages provide an overview of your care path. You and your caregiver will learn what you must do and what will happen as we work together toward your recovery. Although this book covers standard procedures, each patient receives individualized care.

Your breast surgery

You and your physician discussed various options for treatment and have decided that *breast biopsy/lumpectomy* is appropriate for you. The breast biopsy/lumpectomy will be done on an outpatient basis in our Surgical Center (also called 3 West or ASC). This guide will help you understand your procedure and how to use Roswell Park's many resources. Please bring this book with you on the day of your procedure.

Date and time of your surgery

The day before your operation, a 3 West staff member will call you between 1:00 p.m. and 3:00p.m. with your arrival time for the next day. If you do not receive a call by 3:00 p.m., please call **716-845-8476** for your arrival time.

You are scheduled for breast surgery on:

Date: _____

Time: _____

3. Preparing for Surgery

Your Breast Center visit

Your breast surgeon will discuss the operation and its risks and benefits with you, and answer your questions. Afterwards, you will need to sign a consent form for your surgery.

Pre-operative teaching

Your nurse will talk with you and your caregiver about what to expect during your procedure and how to care for yourself at home afterwards. You will be instructed on deep breathing/coughing exercises using an incentive spirometer to prevent pneumonia and leg exercises to prevent blood clots from forming.

Please tell your nurse:

- if you or any family member have had problems with anesthesia in the past
- about all the medications (prescription, over the counter), supplements, vitamins, or herbs you are taking. Your physician may instruct you to take certain medications with a sip of water the morning of your procedure and/or tell you not to take some medications.
- if you are taking aspirin, arthritis drugs, or anticoagulant (blood thinners) medications. You may be asked to stop taking these medications before surgery.
- if you are allergic to any medications. They will need to know the name of the medication and what happened when you took that medication.

Pre-op clearance

You will be scheduled for an appointment in the Anesthesia and Pre-op Evaluation Center (APEC) so that you can be 'cleared' for surgery. In addition to meeting with a member of the anesthesia team, you may need blood tests, a chest x-ray, and an electrocardiogram (EKG).

The APEC staff will call you between 1:00 p.m. and 3:00 p.m. the day before your surgery to tell you what time to arrive for your operation. If you do not hear from them by 3:00 p.m., please call them at: **716-845-8476**.

Cancelling surgery

If you need to cancel your surgery, please call the Breast Center at **716-845-3152** as soon as possible.

Arrange for a ride home

Make sure you have a friend or family member to drive you home after your procedure; you will not be able to drive yourself home.

Enhanced Recovery After Surgery

You will be having an Enhanced Recovery After Surgery (ERAS) (see card) operation, your nurse will review the program and instructions with you. ERAS offers a better, faster recovery and the chance to get back to your normal self as soon as possible after your procedure. **It is important that you follow the instructions given.** While some before and after surgery instructions may be different from past experiences, studies show that the ERAS program improves the recovery process.

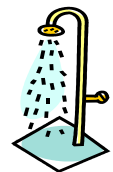
Do NOT eat or drink anything after midnight. Those having ERAS procedure may receive different instructions. You will be asked to drink 8oz of apple juice 1 ½ hours before your arrival time. Always follow your doctor's instructions.

Bathing

You must shower before your surgery!

When you shower

1. Wash your hair as usual with your regular shampoo. Then rinse your hair and body thoroughly to remove any shampoo residue.
2. Wash your face and entire body with a non-drying cleanser. We recommend patients wash with an **antibacterial soap (such as Dial)** for their last shower before surgery.
3. Thoroughly rinse your body with warm water. Pat yourself dry with a clean towel.
4. **Do not shave anywhere near your operation site.**
5. **Do not apply powders, deodorants, lotions, creams, hair products, or make up.**
6. Dress in freshly washed, loose-fitting clothing. Please wear a button-down shirt to make dressing easier.



What should I do the morning of surgery?

- Remove all nail polish, piercings, and jewelry, including rings.
- Remove contact lenses. (Bring a storage case and give them to your family/friend). You may bring an extra pair of eyeglasses.
- Brush your teeth and rinse with mouthwash. Avoid swallowing any water.
- If appropriate, bring your crutches/walker with you, labeled with your name and phone number.
- Be sure you have your health insurance ID card(s), Roswell Park medical record number, a list of your allergies (especially if allergic to latex or iodine), a list of your medications, and a copy of your Health Care Proxy Form, Advance Directive, or Living Will, if you have one. (If you would like information about these documents, speak with the Patient Access staff when you arrive and they will be glad to assist you.)

- Even though you stopped eating and drinking at midnight the night before your surgery, your doctor may want you to take one or more of your routine medications. Take **ONLY** the medications your physician or nurse has instructed you to take and take them with a small sip of water.
- Leave your valuables at home.
- Limit the number of family members or friends that will come with you on the day of your procedure. **Only 2 people, age 18 or older, can accompany you.**

4. Day of Surgery

At the hospital

- Arrive at your appointed time.
- Report directly to the Ambulatory Surgery Center (ASC/3 West) on the 3rd floor of the hospital.
- When you arrive at the surgery center, you will be taken to your room. Your care partner will be asked to wait in the waiting room until your nurse has completed your admission process. This will include:
 - putting on your hospital gown
 - removing anything that can come off during surgery such as dentures, partial plates, eyeglasses, contact lenses, jewelry, prostheses, wigs, etc.
 - having an IV line started in your arm
 - having a surgical hat placed to cover your hair
- Your nurse will review your plan of care for the day and answer any questions you may have.

In the operating room

- An anesthesiologist or nurse anesthetist will monitor you during your procedure.
- A blood pressure cuff will be put on your arm.
- An electrocardiogram (ECG) will monitor your heart rate.
- Medications will be given through the IV in your arm.
- Your skin will be washed with betadine, an orange antiseptic solution.

Waiting area for family/friends

The waiting for your family and friends is located in the atrium on the 3rd floor of the main hospital. You can sign up your caregivers to receive surgery updates via text message.

1. Go to roswellpark.org and click on “MyRoswell” (patient portal). Sign into your Patient Portal account and go to *Appointment Scheduled Procedure Notifications*. Add the persons you want to get the text updates.
2. If you are not registered for the patient portal, tell the surgical staff which cell phone number to text with updates.

5. Recovery After Surgery

After your surgery

- You will be transferred to the PACU (post anesthesia care unit). While there, you will be monitored closely until the effects of your anesthesia have worn off.
- Your heart rate will continue to be monitored by the ECG.
- The amount of time you spend in the PACU varies. When you are released from the PACU, you will return to your room in the Surgery Center.

While you are in your room

- Your health care team will continue to monitor you.
- Your nurse will help you sit up and then stand up. You will be encouraged to walk and to use the bathroom.
- Once you drink some fluids, your IV will be removed.
- Your nurse will go over your discharge instructions and schedule your follow-up visit to the Breast Center.

Let your nurse know if you:

- have any pain or nausea
- have any pain, redness, or swelling by your IV site
- feel hot or cold

6. Home Care

Precautions after procedure

- Do not drive for a minimum of 24 hours after your procedure or as directed by your doctor. Continue to avoid driving if your incision is painful or if you are taking pain medication.
- Do not drink alcohol while you are taking pain medications.
- Do not lift anything heavier than 10 pounds until at least 3 days after your surgery.

Surgical site care and bathing

- You may shower the day after surgery.
- Clean your incision with antibacterial soap and water. soap and water. Pat the incision dry with a clean, dry towel.
- Your surgical incision will be covered with surgical glue. This will fall off on its own. Do no attempt to remove the glue.

Comfort tips

- Wear a supportive sports bra.
- Use a cold pack – 20 minutes on, then 1 hour off.
- You can take 400-600 mg of ibuprofen every 4-6 hours alternating with 1000 mg of acetaminophen (Tylenol®) every 8 hours. Do not take more than 3000 mg of acetaminophen in 24 hours.

When to call us

Be sure to check on your incision every day.

Call your physician or nurse immediately if you have:

- **temperature of 100.4°F (38°C)**
- swelling, redness, or heat at incision
- drainage containing pus
- bad odors coming from your incision
- increased pain or tenderness

7. Follow Up Care

- You will receive a call from a nurse the day after your surgery. They will ask you some questions and review your discharge instructions. Do not hesitate to ask the nurse any questions you may have or report any symptoms.
- You will return to the Breast Center for your first follow up visit about 5-10 days after your surgery. This appointment was arranged before your discharge.
- Your final pathology report will be available at this time. Your physician will explain this information. Please let your doctor know if you would like a copy of this report or if you would like us to send a copy to your primary physician.

8. Resources and Support

Acupuncture: Acupuncture has been found to help manage many of the long-term effects of cancer treatment such as nausea, pain, fatigue, anxiety, difficulty sleeping, and digestive complaints. It focuses on the movement of a person's energy flow and can help you regain and maintain your health and well-being. For more information or to make an appointment, call **1-800-ROSWELL (1-800-767-9355)**.

Assessment & Treatment Service (ATC): The ATC will support you when you are sick with an urgent, but nonlife threatening medical issue. Call your clinic. After hours, calls are answered by our Call Center staff or triage nurses. The ATC is not an emergency room and it does not accept walk-ins. To be seen in the ATC, you need to be referred by a Roswell Park health care provider. If you are having potentially life-threatening symptoms, always dial 911.

Cancer Pain Management Service: Our Cancer Pain Management Service uses a team approach to reduce pain in cancer patients. Anesthesiologists, psychologists, nurses, physical and occupational therapists, social workers, and nutritionists work together to develop a comprehensive pain management plan for you. If you would like a referral to our pain management service, please talk to your doctor or call **716-845-4595**.

Cancer Coach Program: Our volunteer Cancer Coach program will match you with a cancer survivor who has had a similar diagnosis and cancer experience. Your coach will be a source of emotional support as well as a resource for information to help you navigate through your cancer treatment. For more information, call **716-845-4432** or email Angela.Braun@RoswellPark.org.

CancerConnect Online Community: Roswell Park's online community is for anyone whose life has been touched by cancer - patients, family, caregivers, friends, etc. This community is a safe place to share concerns and triumphs, and find support from other people who share your experiences. The community is private and moderated by a Roswell Park nurse and patient educator and is available 24 hours a day, 7 days a week. To join, visit www.community.roswellpark.org.

Elevate Salon: Services include the Wig and Hat Program, which provides one free, new wig and hat for those who have hair loss due to cancer treatment. There is a private wig fitting area for your privacy and comfort. Pretreatment haircuts and wig styling are available. Stylists are available on Tues., Wed., and Thurs. from 10 a.m. - 2 p.m. Appointments can be made online at "Request an Appointment" at <https://www.roswellpark.org/cancer-care/support/elevate-salon> or by calling **716-845-8659**.

Fertility Program: Our Oncofertility Program can assist young adult patients with fertility preservation, including preservation of eggs, sperm, or embryos, and medications to preserve ovarian function during cancer treatment. The Oncofertility Program is available 7 days a week. If you would like more information, ask your physician for an Oncofertility consultation, or call **1-800-ROSWELL**.

Financial Assistance Program: Cancer treatment can put a strain on your family's finances. We have a Financial Assistance Program for patients who may have difficulty paying for their medical care. For more information, call **716-845-4782**.

Lodging: Contact the Social Work Department at **716-845-8022** for any assistance you need with overnight lodging. We have special arrangements and discounts for local hotels and guest houses.

Nutrition Department: If you are dealing with nutrition issues as a result of your cancer diagnosis or treatment, the clinical dietitians in our Nutrition Department can assess your nutritional status and help you meet your nutrition needs, educate you on the diet therapy prescribed by your doctor, provide tube feeding or IV nutrition recommendations, and direct you to reliable resources for nutrition information. If you would like to speak to a clinical dietitian, ask your nurse to arrange a consultation, or call the Clinical Nutrition Department at **716-845-2398**.

Rehabilitation Services: Provides physical, occupational, and lymphedema therapy specifically designed for cancer patients and survivors before, during, and after cancer treatment. Our rehabilitation team will create a personalized plan of care to address your needs. Talk to your health care provider for a referral to Rehabilitation Services or call **716-845-3271** to make an appointment for a consultation

Resource Center: The 11 Day Power Play Resource Center is located on the 1st floor of the hospital. Hours are Monday through Friday, from 9:00 a.m. – 4:00 p.m. You will find reliable, current cancer information related to screening, diagnosis, the latest treatment options, clinical trials, and survivorship. They can also help direct you to the services and departments at Roswell Park who provide supportive services. Call **716-845-8659** if you have any questions.

Roswell Park's Patient Portal - MyRoswell®: MyRoswell® is a secure patient portal that allows you to see certain information from your medical record such as upcoming tests and appointments, current medications, and laboratory results. You can communicate with your care team through electronic messages, request a prescription refill, and make appointments with the option to have reminders sent to text, email, and voice call. There is also a patient education library. To register, go to my.roswellpark.org and click on "MyRoswell" located in the top right corner. If you have difficulty, please call **1-800-ROSWELL (1-800-767-9355)** for assistance.

Sexual Health Clinic: If you would like information on this program, go to <https://www.roswellpark.org/cancer-care/support/sexual-health-clinic> or contact Leah Rivas, RN, Nurse Coordinator for the Breast Cancer at **716-845-1300 Ext 5005** or call the Breast Center at **845-3152**.

Social Work Department: Our social workers provide counseling to help you and your family cope with the many emotions that come along with a cancer diagnosis. They also help with practical concerns, such as: caregiver resources, transportation arrangements and local lodging during treatment, post-hospital care planning, advanced care planning and health care decision-making, and palliative care and hospice information and referrals. For more information, call our Social Workers at **716-845-8022**.

Support Groups: Support groups provide an opportunity for patients, families, and friends to discuss concerns, ask questions, share information about Roswell Park and community services, and relate their experiences coping with cancer. For more information, visit <https://www.roswellpark.org/cancer-care/support/support-groups> or call **716-845-8022**.

Survivorship Program: Offers a wide range of services and programs such as a long-term personalized survivorship care plan, side effect management, social support and counseling to help with post-treatment adjustment and stress, pain management, and rehabilitation services (physical and occupational therapy, lymphedema treatment) For more information, visit <https://www.roswellpark.org/survivorship> or call **716-845-4800 and choose option #1**.

Young Adult Program: Our Young Adult Program addresses the medical, psychological, social, and educational needs of young adults between the ages of 18 to 39 who are facing cancer. We can connect you with other young adult patients through monthly workshops and social events. Some of the issues we can assist with include fertility risks and fertility preservation options before starting cancer treatment. For more information, visit <https://www.roswellpark.org/young-adult-cancer> or email AYA@roswellpark.org.

Outside Roswell Park

Breast Cancer Network of WNY www.bcnwny.org Phone: **716-706-0060**

The Breast Cancer Network of WNY (BCN) offers programming, education, and support to those impacted by breast cancer from diagnosis through survivorship. Our programming includes:

- Cancer Support Groups: Hosts/sponsors several breast cancer support groups in Western New York.
- Restorative Health and Exercise: Offers affordable exercise classes to all that would like to attend.
- Monthly Education Series: Prominent members of the breast cancer community discuss the latest information available.
- Financial Assistance: Offers a financial aid program designed to help those experiencing financial hardships during a breast cancer diagnosis.

American Cancer Society www.cancer.org Phone: **1-800-227-2345**

The American Cancer Society (ACS) offers programs and services in the Western New York region to provide patients and their families with educational information, day-to-day help, and emotional support—all free of charge. Below are some examples of what is available:

- Reach to Recovery® connects you with a trained volunteer to talk about your breast cancer diagnosis and treatment. Our volunteers are breast cancer survivors, so they know the questions and concerns you may have.
- Road to Recovery® Program provides free rides to and from treatment for those who need one.

Questions?

- If you have any questions or need assistance regarding your procedure, please call us at **716-845-3152**. The Breast Center is open Mon – Fri, 8:00 a.m. to 5:00 p.m.
- You can reach Roswell Park 24/7 at **716-845-2300** or toll free at **1-800-ROSWELL (1-800-767-9355)**.

