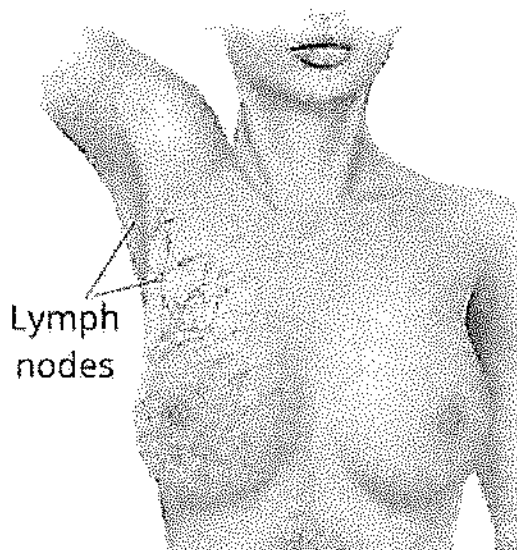


Lumpectomy



A lumpectomy, sometimes called a partial mastectomy, is surgery to remove a cancerous tumor or mass (the lump) from a breast. It is a form of breast-conserving or breast-preservation surgery. This means that the cancerous tissue is removed but the breast remains intact.

During a lumpectomy, the portion of the breast that contains the tumor is removed. Some normal tissue around the lump may be taken out to make sure that all of the tumor has been removed. Lymph nodes under your arm may also be removed and tested to find out if the cancer has spread. Lymph nodes are part of the body's disease-fighting system (*immune system*) and are usually the first place where breast cancer spreads.

Tell a health care provider about:

- Any allergies you have.
- All medicines you are taking, including vitamins, herbs, eye drops, creams, and over-the-counter medicines.
- Any problems you or family members have had with anesthetic medicines.
- Any blood disorders you have.
- Any surgeries you have had.
- Any medical conditions you have.
- Whether you are pregnant or may be pregnant.

What are the risks?

Generally, this is a safe procedure. However, problems may occur, including:

- Bleeding.
- Infection.
- Allergic reaction to medicines.
- Pain, swelling, weakness, or numbness in the arm on the side of your surgery.
- Temporary swelling.
- Change in the shape of the breast, particularly if a large portion is removed.
- Scar tissue that forms at the surgical site and feels hard to the touch.
- Blood clots.

What happens before the procedure?

Staying hydrated



Follow instructions from your health care provider about hydration, which may include:

- Up to 2 hours before the procedure – you may continue to drink clear liquids, such as water, clear fruit juice, black coffee, and plain tea.

Eating and drinking restrictions

Follow instructions from your health care provider about eating and drinking, which may include:

- 8 hours before the procedure – stop eating heavy meals or foods, such as meat, fried foods, or fatty foods.
- 6 hours before the procedure – stop eating light meals or foods, such as toast or cereal.
- 6 hours before the procedure – stop drinking milk or drinks that contain milk.
- 2 hours before the procedure – stop drinking clear liquids.

Medicines

Ask your health care provider about:

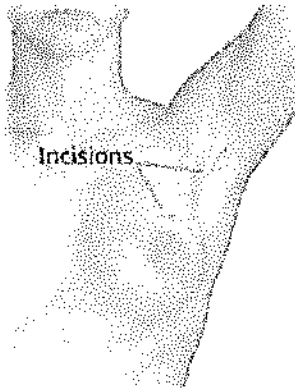
- Changing or stopping your regular medicines. This is especially important if you are taking diabetes medicines or blood thinners.
- Taking medicines such as aspirin and ibuprofen. These medicines can thin your blood. **Do not** take these medicines unless your health care provider tells you to take them.
- Taking over-the-counter medicines, vitamins, herbs, and supplements.

General instructions

- Prior to surgery, your health care provider may do a procedure to locate and mark the tumor area in your breast (*localization*). This will help guide your surgeon to where the incision will be made. This may be done with:
 - Imaging, such as a mammogram, ultrasound, or MRI.
 - Insertion of a small wire, clip, or seed, or an implant that will reflect a radar signal.
- You may have screening tests or exams to get baseline measurements of your arm. These can be compared to measurements done after surgery to monitor for swelling (*lymphedema*) that can develop after having lymph nodes removed.
- Ask your health care provider:
 - How your surgery site will be marked.
 - What steps will be taken to help prevent infection. These may include:
 - Washing skin with a germ-killing soap.
 - Taking antibiotic medicine.
- Plan to have someone take you home from the hospital or clinic.

- Plan to have a responsible adult care for you for at least 24 hours after you leave the hospital or clinic. This is important.

What happens during the procedure?



- An IV will be inserted into one of your veins.
- You will be given one or more of the following:
 - A medicine to help you relax (*sedative*).
 - A medicine to numb the area (*local anesthetic*).
 - A medicine to make you fall asleep (*general anesthetic*).
- Your health care provider will use a kind of electric scalpel that uses heat to reduce bleeding (*electrocautery knife*). A curved incision that follows the natural curve of your breast will be made. This type of incision will allow for minimal scarring and better healing.
- The tumor will be removed along with some of the tissue around it. This will be sent to the lab for testing. Your health care provider may also remove lymph nodes at this time if needed.
- If the tumor is close to the muscles over your chest, some muscle tissue may also be removed.
- A small drain tube may be inserted into your breast area or armpit to collect fluid that may build up after surgery. This tube will be connected to a suction bulb on the outside of your body to remove the fluid.
- The incision will be closed with stitches (*sutures*).
- A bandage (*dressing*) may be placed over the incision.

The procedure may vary among health care providers and hospitals.

What happens after the procedure?

- Your blood pressure, heart rate, breathing rate, and blood oxygen level will be monitored until you leave the hospital or clinic.
- You will be given medicine for pain as needed.
- Your IV will be removed when you are able to eat and drink by mouth.
- You will be encouraged to get up and walk as soon as you can. This is important to improve blood flow and breathing. Ask for help if you feel weak or unsteady.
- You may have:
 - A drain tube in place for 2–3 days to prevent a collection of blood (*hematoma*) from developing in the breast. You will be given instructions about caring for the drain before you go home.
 - A pressure bandage applied for 1–2 days to prevent bleeding or swelling. Your pressure bandage may look like a thick piece of fabric or an elastic wrap. Ask your health care provider how to care for your bandage at home.
- You may be given a tight sleeve to wear over your arm on the side of your surgery. You should wear this sleeve as told by your health care provider.

- **Do not** drive for 24 hours if you were given a sedative during your procedure.

Summary

- A lumpectomy, sometimes called a partial mastectomy, is surgery to remove a cancerous tumor or mass (the lump) from a breast.
- During a lumpectomy, the portion of the breast that contains the tumor is removed. Lymph nodes under your arm may also be removed and tested to find out if the cancer has spread.
- Plan to have someone take you home from the hospital or clinic.
- You may have a drain tube in place for 2–3 days to prevent a collection of blood (*hematoma*) from developing in the breast. You will be given instructions about caring for the drain before you go home.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your healthcare provider.

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