

# MY LUMPECTOMY GUIDE



**St Joseph's Hospital  
Breast Care Program**

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London, ON N6A 4V2

# CONTACT INFORMATION

## Breast Surgeons

Please call your surgeon's office if you have questions about your surgical appointments.

Surgeon	Secretary	Phone Number
Dr. Muriel Brackstone	Kandie	(519) 685-8500 ext. 58712
Dr. Ward Davies	Emma	(519) 685-8500 ext. 33458
Dr. Farhad Ghasemi	Kandie	(519) 685-8500 ext. 58712
Dr. Sarah Knowles	Tracey	(519) 646-6100 ext. 66244
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## Nursing and Supportive Care

Breast Care Clinic Medical Secretary	(519) 646-6100 ext. 65020
Nurse Practitioners	(519) 646-6100 ext. 61328
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*Due to a high volume of calls, please allow our team  
up to 72 hours to return your call*

## INFORMATION INCLUDED IN THIS BOOKLET

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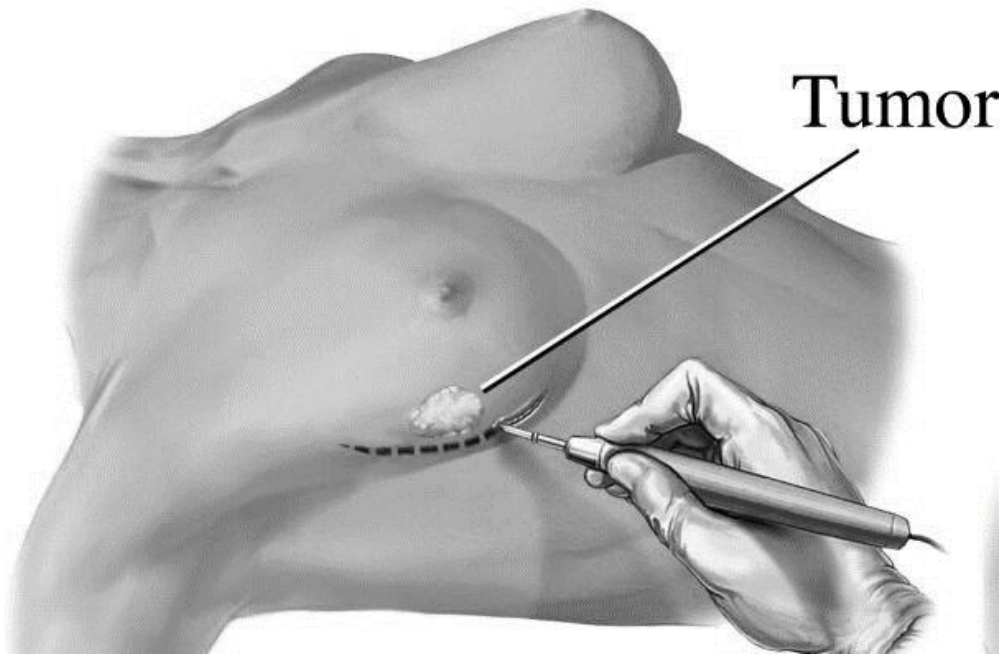
This education booklet presents broad information about the lumpectomy procedure and procedures that commonly accompany them.

The care plan for each patient receiving a lumpectomy can vary greatly.

You and your care team will discuss your treatment choices and develop a plan for care that is best for you and your unique situation.



# WHAT IS A LUMPECTOMY?



A **lumpectomy** (or partial mastectomy) is a surgical procedure performed to remove a lump within the breast and some normal breast tissue surrounding it.

Lumpectomy may be done for both benign (non-cancerous) and malignant (cancer or pre-cancerous) reasons.

Lumpectomy is also known as breast conservation surgery since it aims to preserve the shape of and feeling in your breast.

# HOW WILL MY SURGEON FIND THE TISSUE TO BE REMOVED?

**To help the surgeon locate the exact area to be removed, it is marked using a procedure called pre-operative localization.**

Sometimes if the lump is easily felt, this procedure may be not be needed.

Pre-operative localization involves the placement of either a thin wire or a radioactive seed into your breast prior to surgery. This procedure is done in the breast care centre or the MRI department.

## Wire Localization

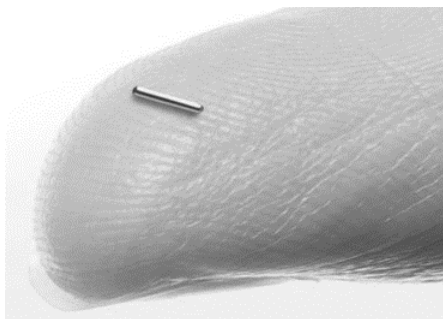
A thin, flexible wire is inserted into the breast on the day of surgery. The wire remains in place until the surgery and will be removed along with the breast tissue during surgery.

## Radioactive Seed Localization

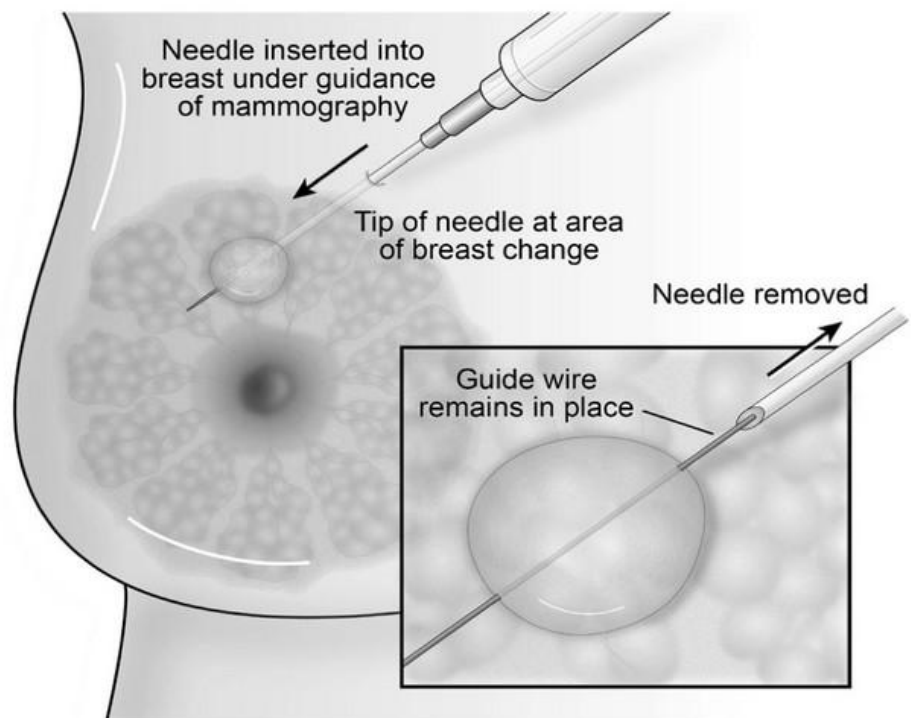
A tiny capsule (seed) containing a small amount of radioactive material is inserted into the breast in the days prior to surgery. The amount of radiation you receive from the seed is very low and safe. The seed will be removed along with the breast tissue during surgery.

## Steps for pre-operative localization:

1. The morning of your localization, a mammogram, ultrasound, or MRI will be used to confirm the area for removal.
2. Local freezing will be injected into your breast.
3. A needle will be inserted into your breast and either a wire or radioactive seed will be inserted through the needle.
4. The needle will be removed.  
If a wire is used, the wire will be taped in place.
5. You will have a second image taken to confirm the placement of the wire or radioactive seed.



Radioactive seeds



# WHAT SHOULD I EXPECT AFTER SURGERY?

## Incision and Dressing Care

After your surgery, the incision will be covered with small tapes, called steri-strips, and may have a plastic dressing on top of the steri-strips. You can take a gentle shower the next day with the plastic dressing on. The dressing should be removed after 48 hours. Following this, you can shower, ensuring to pat the area dry afterwards. The steri-strips underneath the dressing will remain in place and can be removed after 7 days. Your sutures (“stitches”) are dissolvable and do not require removal.

## Bra

It is recommended that you wear a supportive bra, such as a light sports bra, after your surgery. The bra can also be worn while you sleep for added support.

## Follow-Up Care

You will have a follow-up appointment with your surgeon after your surgery, when the pathology (lab) results have been received.

At the appointment your surgeon will check to make sure your incision is healing well and discuss your pathology results from the tissue that was removed.



# WHAT ARE THE SIDE EFFECTS AND RISKS OF HAVING A LUMPECTOMY?

## Possible side effects from your surgery include:

### Pain

Pain is normal. Because some prescribed medications may interact with over-the-counter pain control medications, your surgeon will tell you if you can take acetaminophen (*Tylenol*) or ibuprofen (*Advil*) as needed for pain. Follow the package directions for dosage. You can also apply ice, alternating 15 minutes on and 15 minutes off, for the first 24 hours.

### Bleeding and bruising

A small amount of bleeding at the cut can be normal. Mild to moderate bruising is expected. If your dressing is saturated with blood, or you have bruising that covers a large part of the breast, apply firm pressure over the area and call the Breast Care Surgical Clinic. If it is after hours or on the weekend, visit your nearest Emergency Department (ED).

### Infection

Infection is uncommon, however, if you see redness spreading around the incision, worsening pain that does not improve with pain medication, and/or a fever (38 degrees Celsius) call the Breast Care Surgical Clinic. If it is after clinic hours or on the weekend, and you don't feel well, seek urgent medical attention by visiting your nearest Emergency Department (ED).

### Swelling

Some swelling in your breast and/or arm after surgery is normal. If the swelling does not improve or is worsening, call the Breast Care Surgical Clinic.

## ADDITIONAL RESOURCES

### **St. Joseph's Hospital Breast Care Program**

<https://www.sjhc.london.on.ca/areas-of-care/breast-care-program>

### **Cancer Care Ontario**

<https://www.cancercareontario.ca/en>

### **Breast Cancer Canada**

<https://breastcancerprogress.ca/>



# REFERENCES

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# MY NOTES AND QUESTIONS