



Checklist: Lumpectomy With or Without Sentinel Lymph Node Biopsy

Follow your care team's instructions for getting ready for and recovering after surgery.

Read *About Your Lumpectomy* (www.msk.org/pe/lumpectomy) or *About Your Lumpectomy and Axillary Surgery* (www.msk.org/pe/lumpectomy-axillary-surgery). A member of your care team will give you a copy. You can also find them online.

Getting ready for your surgery

What to do

- Set up an MSK MyChart account if you haven't already. Visit mskmychart.mskcc.org for instructions.
- Fill out a Health Care Proxy form. You can ask for a printed copy or visit www.health.ny.gov/publications/1430.pdf to find it online.
- Identify your caregiver.
- Arrange for someone to take you home after surgery.
- Follow your care team's instructions for taking medicines.

What to buy

- Buy a 4% chlorhexidine gluconate (CHG) solution antiseptic skin cleanser, such as Hibiclens®.
- Buy 325-milligram acetaminophen tablets, such as Tylenol® Regular Strength.

Presurgical Testing (PST) appointment

- Bring a list of all the prescription and over-the-counter medicines you take.
- Bring any important medical notes or results from tests done outside of MSK. (If your MSK care team already has them, you don't need to bring them.)

1 day before your surgery

Note the time of your surgery

- A staff member will call you between 2 p.m. and 7 p.m. They'll tell you what time to arrive for your surgery. If your surgery is on Monday, they'll call you on the Friday before.
- Call 212-639-5014 if you don't get a call by 7 p.m.

Taking medicine

- Follow your care team's instructions for taking medicines.

Showering

- Shower in the evening.
 - Wash your hair, face, and genital area as usual.
 - Wash from your neck to your feet with 4% CHG solution. Avoid your head and genital area.
 - Dry yourself with a clean towel. Do not use lotion, cream, deodorant, makeup, powder, perfume, or cologne afterward.

Instructions for eating

Important: If you take a GLP-1 medicine, do not follow these instructions. Follow the instructions in *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.msk.org/pe/eat-drink-glp1) instead.



Stop eating at midnight (12 a.m.) the night before your surgery. This includes hard candy and gum.

Your healthcare provider may have given you different instructions for when to stop eating. If so, follow their instructions.

The day of your surgery

Instructions for drinking

Important: If you take a GLP-1 medicine, do not follow these instructions. Follow the instructions in *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.msk.org/pe/eat-drink-glp1) instead.

- **Between midnight (12 a.m.) and 2 hours before your arrival time, only drink the liquids on the list below. Do not eat or drink anything else.**
 - Water.
 - Clear apple juice, clear grape juice, or clear cranberry juice.
 - Gatorade or Powerade.
 - Black coffee or plain tea. It's OK to add sugar. Do not add anything else.
 - Do not add any amount of any type of milk or creamer. This includes plant-based milks and creamers.
 - Do not add flavored syrup.
- If you have diabetes, pay attention to the amount of sugar in your drinks. It will be easier to control your blood sugar levels if you include sugar-free, low-sugar, or no added sugar versions of these drinks.



Stop drinking 2 hours before your arrival time. This includes water.

Your healthcare provider may have given you different instructions for when to stop drinking. If so, follow their instructions.

Taking medicine

- Only take the medicines your care team told you to take. Take them with a small sip of water.

Things to remember

- If you use contact lenses, wear glasses instead.
- Take off any metal objects and jewelry, including body piercings.
- Leave valuable items at home.

Showering

- Shower before your surgery. Follow the same steps you did the night before.
- Wear a supportive bra, a button-down or loose-fitting top, and flat, safe shoes for walking.
- Bring your Health Care Proxy form and other advance directives.

In the hospital after surgery

Learning to care for yourself at home

- Meet with your nurse to review:
 - How to manage your pain.
 - How to take care of your incision(s).
 - How to shower.
 - When you'll be able to drive.
- Review arm exercises to do at home.

Getting ready for discharge

- Make sure you have a responsible care partner to take you home.

At home

Remember to follow your care team's instructions while you're recovering after surgery.

Taking medicine

- Take your medicines as directed and as needed.
- Do not drive or drink alcohol while you're taking prescription pain medicine.

Showering

- You can shower 24 hours after your surgery.

Exercise and physical activity

- Follow the instructions in *Exercises After Your Lumpectomy or Axillary Lymph Node Procedure*. A member of your care team will give you a copy. You can also visit www.msk.org/pe/exercises-lumpectomy-axillary-procedure to find it online.
- Do your arm exercises every day until you can move your arm as you did before surgery.

Sexual activity

- You can start sexual activity when you feel ready.

When to call your care team

Call your care team if:

- You have a fever above 101 °F (38.3 °C).
- The skin around your incision(s) is redder or warmer than usual.
- You have increased discomfort in the area of your surgery.
- There's drainage from your incision(s).
- Your arm or the area around your incision(s) is starting to swell or getting more swollen.
- You have trouble breathing.
- You have any questions or concerns.



Contact information

Doctor: _____

Nurse: _____

Phone number: _____

A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call.

Notes _____
