

EXCISIONAL BIOPSY BREAST LUMP OR WIDE LOCAL EXCISION

WHAT IS AN EXCISIONAL BIOPSY BREAST LUMP?

Excisional biopsy of a breast lump or wide local excision is surgery to remove a breast cancer or other lump in the breast, along with some surrounding tissue.

Some patients will require removal of one or two lymph nodes in the armpit. If so, they will be tested for any evidence of cancer.

What sort of anaesthetic will I have?

The Anaesthetist will discuss with you the type of anaesthetic, which is best for you. Any questions regarding your anaesthetic can be asked prior to your surgery.

What kind of pain relief will I need?

The method of pain relief to be used for you will be decided by your surgeon and anaesthetist on the day of your operation. After your surgery your pain should be controlled with oral analgesia such as Paracetamol, NSAID's such as Ibuprofen, Diclofenac or Celebrex or and Oxycodone. Ensure if you are taking NSAIDS such as Ibuprofen, they are taken with food and not on an empty stomach. If you require any other medications after your surgery, your doctor will complete a discharge script which will be given to you prior to your discharge to home. This script can be dispensed at the hospital pharmacy or at your local pharmacy

What happens when I go home?

You go home the same day as the operation

Early ambulation is encouraged, and after you tolerate diet and fluids and you are discharged to home, we suggest you go home and rest for the remainder of the day. How you recover depends on the procedure that you have had but in general it is good to move around a little to reduce the chances of chest infections and encourage blood circulation. After the surgery you will have a dressing over the surgical site. This dressing is to be kept dry and left intact.

When will I see the doctor?

A follow up appointment will be made for you to return to the hospital 6-10 days after the surgery. Information regarding your surgery will be sent to your general practitioner regarding date and type of surgery.

Lymphoscintigram (If SNB is indicated)

Lymphoscintigram (LSG) is a method used to check the lymph system for disease. It is performed within 24 hours of your surgery, in the nuclear medicine department. A radioactive substance that flows through the lymph ducts and can be taken up by lymph nodes is injected into the body. A scanner or probe is used to follow the movement of this substance on a computer screen.

Lymphoscintigraphy is used to find the sentinel lymph node (the first node to receive lymph from a tumor), which when removed will be checked for tumor cells.

Patients are advised to follow the following instructions:

- Avoid driving for 2 weeks and/or until review at your outpatient's appointment
- If it is comfortable to do so, wear a well fitting bra for 3 days and nights.
- Avoid vigorous exercise until reviewed by the doctor
- The dressing is waterproof. Sometimes you have an added firm dressing over the waterproof dressing. This outer dressing can be removed after 24 hours, leaving the waterproof dressing underneath, as is until your appointment. You will be advised of this if it is needed.
- Avoid hot showers
- Eat a high fibre diet and drink plenty of fluids to prevent constipation
- Adequate pain relief, please take your pain relief as prescribed regularly for the first 2 – 3 days then as required.
- Return to work will be patient specific and as per medical advice

Contact your local doctor or breast care nurse for the following:

- Continual bleeding or wound discharge
- Red, inflamed or discharge from suture line
- Develop a temperature greater than 38 degree
- Severe pain not controlled by oral analgesia

Contact

Pre Surgery

If you have any queries about your operation prior to your surgery, please contact the Elective Bookings Service and asked to be put through to the Unit Liaison Nurse.

If you are unwell and unable to attend the hospital for your surgery, please contact:

Elective Bookings Service: 9342 8400

POST OPERATIVE:

**Melbourne Health Breast Care Nurse on 9342 7000 and ask for pager 8551 or
leave a message on 9342 8120 (Monday-Friday during business hours)**

**The Women's Hospital Breast Care Nurse on 83453565 and ask for pager 2721 or
leave a message on 83452000 (Monday –Thursday during business hours)**

**Breast Unit Registrar phone on 9342 7000 and ask to have the Breast Unit Registrar page
at any time**

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