



Dr. Jeannie Shen, FACS

Frequently Asked Questions

LUMPECTOMY or EXCISIONAL BIOPSY without lymph node surgery

❖ ***Will I go home with any prescriptions?***

A: Yes, you will go home a prescription for a pain medication. Antibiotics are not routinely prescribed or necessary. You may ask for this prescription prior to surgery if you would like to have it filled ahead of time.

❖ ***Do I have any dietary restrictions?***

A. No, but nausea is common immediately after breast surgery, so start your diet slowly with clear liquids and advance to your regular diet when you are ready.

❖ ***When can I shower?***

A. You can start on post-operative day 2 (ex: surgery on Monday, shower on Wednesday). Leave the steri-strips (surgical tape) on, and simply let the soap and water rinse over the breast and pat it dry.

❖ ***When can I wear a bra?***

A. Immediately after surgery. We recommend something more snug, like a sports bra. A front-opening sports bra may be more convenient, and can be found at any major department store. Try to wear your bra as much as possible during the first week after surgery. This minimizes swelling and provides much more comfort and support.

❖ ***What are my activity restrictions?***

A. Since no lymph nodes were removed, you do not have any activity restrictions for your arms. Avoid jogging or running the first week after surgery. Afterwards, make sure you wear a sports bra with activities for 2 weeks.

❖ ***When can I drive?***

A. Generally, it is advised that you wait 2 days before driving. You should not take prescription pain medications (e.g. Vicodin, Percocet, Tylenol #3) and drive.

❖ ***What can I take for pain?***

A. Dr. Shen uses a lot of local anesthesia in surgery, so you should have very little discomfort immediately afterwards. After several hours, the anesthesia will wear off, and you may notice some discomfort of the breast. You will be prescribed a pain



medicine, but can also use over-the-counter extra strength Tylenol or Advil as needed. Up to half of our patients don't need to use the prescription pain medicine.

❖ ***Do I need to change the bandages?***

A. No. Dr. Shen will take off the surgical tape in the office when you see her post-operatively the week after surgery.

❖ ***What should I look for at home?***

A. Infections immediately after surgery are rare. Signs of infection: fever over 102, redness spreading over the entire breast. Call Dr. Shen at (626) 356-3167 if you experience any of this.

❖ ***When do I see the doctor?***

A. You will have an appointment to see Dr. Shen 7-10 days after your surgery. You can make this appointment ahead of time if you wish.