

Lumpectomy

Thinking about having a lumpectomy can cause a range of emotions.

Some women worry about how their breast will look after the tumor is removed.

Others are mostly anxious to get the cancer out of their body.

Whatever your feelings are, it may help to know how this surgery is done and what to expect.

Be sure to follow your doctor's instructions on how to get ready for the procedure, including what you can eat or drink and which medicines to take.

Bring a comfortable support bra ... like a sports bra ...

because you'll need to wear this ... day and night ... for the first week after surgery.

Before the surgery, you may get medicine to help you relax and keep you from feeling pain ...

or you may get medicine to make you sleep.

The doctor will make a small cut ... an incision ... into the breast.

Lumpectomy is called a "breast-conserving surgery"

because the doctor takes out only the tumor and enough tissue around it to get a clear margin ... meaning the tissue around the tumor is free of cancer.

In some cases, the doctor may also take some lymph nodes to check them for cancer.

A lumpectomy usually takes about an hour ...

then you'll spend some time in the recovery room.

Before you leave the hospital, you'll get instructions on how to take care of yourself at home, including when you can shower ... and how to care for your incision.

You'll probably be able to go home the same day ...

and when it's time, you'll need someone to drive you.

Having a lumpectomy can be stressful.

But knowing what to expect and how to prepare can help.

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And remember, you can always call your care provider if you have questions or concerns.

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