Sentinel Node Biopsy
Care After Surgery

Refer to this sheet in the next few weeks. These instructions give you general information on caring for yourself after you leave the hospital. Your doctor may also give you specific instructions. Your treatment has been planned according to the most current medical practices available. However, problems sometimes occur. If you have any problems or questions after discharge, call your caregiver.

ACTIVITY
- Limit your activity as directed.
- Stop vigorous exercise as directed.
- Refrain from repetitive motion on the side of surgery as directed.
- You may shower 24 hours after your surgery.
- It is okay to get the cut from surgery (*incision*) wet.
- Gently pat the incision dry.
- You should wear the surgical bra supplied to you (or one of your own) for the next 48 hours. You may remove the bra to shower.

INCISION
- The paper tapes or skin adhesive strips should remain in place until your follow-up visit.
- It is okay if the tapes fall off. There is no need to replace them if this happens.

DISCOMFORT
- It is quite common to have discomfort (aching or pain) for the first few days after surgery. This is normal.
- Mild anti-inflammatory medicines taken regularly for the next 3 days are usually able to control any discomfort you may have. Take only as directed.
- Report any pain not controlled with medicine to your surgeon or caregiver.

NUTRITION
- You may resume your regular diet.
- You may wish to eat a light meal for your first meal after surgery.

AFTER SURGERY
- The color of your urine may be blue for the next 24 hours. This is due to the blue dye used during surgery. This is normal.
- The dye may also cause a blue tint to your breast. This will go away.

SEEK IMMEDIATE MEDICAL CARE IF:
- You have pain not controlled by medicine.
- You notice redness, swelling or increased drainage at the surgery site.
- You feel sick to your stomach (*have nausea*) or vomiting.

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