

Procedure: Excision Instructions

Surgery information:

1. Please stop all vitamins, supplements, and herbal medications one week before surgery. Your surgeon will review any other medications that need to be stopped before surgery
2. Surgery will take about 1 hour
3. Surgery will be at Aspirus Wausau Hospital/ Pine Ridge Surgery Center
4. You will have General Sedation/Monitored Anesthesia Care (MAC – which means you will not hear, see, or feel anything)
5. You will go home the same day, right after surgery
6. If you are sensitive to tape, please tell your check-in nurse on your day of surgery
7. You will need a driver after surgery and someone to stay with you for 24 hours after the surgery because your decision making ability may be impaired after anesthesia
8. You will need an appointment with us about 3 weeks after your surgery for an incision check
Follow up appt: _____
9. We will call you typically within 3 business days with final pathology results
10. Please remember to wear the binder that you were given or a tight fitting sports bra at all times or as much as possible for two weeks – the binder can be washed and hung to dry if needed.

*If you were told that you need a **Wire Localization** procedure before your excision:

This is done if the area of concern cannot be felt by the surgeon on exam. The area of concern will then be found with mammogram or ultrasound immediately before surgery by radiology or during your surgery at the hospital. The radiologist or surgeon will then mark the area with a thin metal wire after cleaning and numbing the skin. You will then go directly to surgery. The wire guides the surgeon to the area of concern and will then be removed at the time of surgery.

Restrictions:

1. No lifting more than 15lbs. for 2 weeks
2. No pushing, pulling, or stretching overhead for 2 weeks. Also, please do not do any activities where there is a lot of bouncing (lawn mowing, horse-back riding, ect) or potential for direct impact/injury to the chest area
3. Please do not take a bath/hot tub, go swimming, or submerge in any water for two weeks
4. You can shower 24 hours after surgery, the clear dressing over your wound will keep the area dry
5. You can drive the day after surgery if you are not taking any prescription pain medications

Work:

1. If you have a desk job you will likely require at least 2 days off work
2. If you have a physical job you will require about a week off of work unless light duty work can be arranged – please talk to us about this before surgery
3. If you have questions about FMLA paper work, please contact Theresa Napiwocki at (715)847-2022, option 6

Incision care:

1. You can remove the dressing over your incision 48 hours after surgery, you do not need to put another dressing on after this. Under the gauze dressing, you may find several Steri-Strips. Do not remove them. If you believe the Steri-Strips are causing skin irritation please call us.
2. You can shower and let soapy water run over the incision after your remove the dressing, you do not need to scrub the area
3. Please let the Steri-Strips that are over your incision fall off on their own
4. Please do not put any creams, ointments, or antibiotic creams on the incision

Pain:

1. Wear your binder or sports bra as much as possible including to bed. The less your breast moves the less it will hurt
2. Ice packs to the area may help (20 minutes on and 20 off)
3. You may take over the counter pain relievers as directed on the bottle. Do not take these if you have been instructed not to by another doctor
4. You will be given a prescription for pain medication by your surgeon for more severe pain if you need it and if the over the counter medications are not helping

What to expect:

1. Complications after excision are rare
2. Slight discomfort and a small amount of swelling around the incision are normal
3. The breast may be blue or yellow, and a small amount of bruising is normal

Please call us at (715) 847-2022 if you have...

- **Uncontrolled or severe pain**
- **Increasing swelling to the breast**
- **Intense warmth and/or redness on the skin**
- **Drainage or bleeding that is soaking through your bandage. If you bleed bright red blood hold clean gauze and pressure over the wound and call immediately. It is normal to have a small amount of dark or dried blood on the dressing or steri strips**
- **Fever of 100.4 degrees or higher**

***If you experience any chest pain, shortness of breath, or pain to your lower legs/calf muscles please go directly to the Emergency Room**