

After Breast Surgery

After surgery, it is important to take care of yourself physically and mentally.

Answers to these questions will help you play an active role in your recovery.

Q: When will I be able to get back to my daily routine?

A:

Q: Are there any precautions I should take? If lymph nodes were removed, ask: Should I avoid having an injection in that arm or shaving under that arm? What is lymphedema? How can I reduce my chance of getting lymphedema?

A:

Q: Are there special exercises I should be doing? What kind? When should I start? How long should I do them? Are there any exercises that I should avoid?

A:

Q: Will my tumor be saved? Where will it be stored? For how long?

A:

Q: What problems should I report to you? What pain or discomfort is normal? How can I treat the pain?

A:

Q: Where can I find a breast cancer or cancer support group led by a qualified professional?

A:

Answers to these questions will help you prepare for follow-up visits to the doctor.

Follow-up

Q: Who will I see after my treatment?

A:

Q: How often should I return to my doctor for an exam, lab tests or other X-rays? What tests will be done? What will the tests tell us? When should I have my next mammogram?

A:



For more information on breast health or breast cancer, please call our breast care helpline (1-877-465-6636) or visit our website. Susan G. Komen for the Cure does not provide medical advice.

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