

After Breast Surgery

It is important that you continue to play an active role in your recovery process (including your physical and psychological well-being) after your breast cancer surgery.

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 normal routine?

A:

Q: Are there any precautions I should take? (For example, if lymph nodes were removed, should I avoid having an injection in that arm or shaving under that arm?) How does the removal of some lymph nodes affect my chances of developing lymphedema? How can I reduce my chance of getting lymphedema?

A:

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

A:

Q: What problems should I report to you?

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.

Q: Who will be responsible for my follow-up care after my treatment?

A:

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

A: