

Step-by-Step Guide for Post-Operative Care After Lumpectomy and Sentinel Lymph Node Biopsy (SLNB) with Magtrace, Including Axillary Seroma Management

Step 1: Rest and Recovery

- **Get Plenty of Rest:** Your body needs time to heal. Rest as much as possible, especially in the first few days after surgery.
- **Move Around Gently:** Short, gentle walks help improve circulation and reduce the risk of blood clots. Avoid standing or sitting in one position for long periods.

Step 2: Caring for Your Incision Site

- **Keep the Area Clean and Dry:** Follow your healthcare provider's instructions on how to care for your surgical site. Avoid getting the area wet unless advised otherwise.
- **Changing Dressings:** If instructed, change dressings as directed, using clean hands and sterile materials.
- **Watch for Signs of Infection:** Redness, warmth, swelling, pus, or a foul smell may indicate infection. Notify your healthcare provider if you notice these signs.

Step 3: Managing Pain and Discomfort

- **Take Pain Medications as Prescribed:** Use any prescribed medications exactly as directed. Acetaminophen can help with mild pain (if recommended by your doctor).
- **Apply Cold Packs:** A cold pack wrapped in a towel can reduce swelling and discomfort. Use for 15-20 minutes at a time.

Step 4: Activity Restrictions and Exercises

- **Avoid Heavy Lifting and Strenuous Activities:** Do not lift anything heavier than 5 pounds until your doctor says it's safe.
- **Arm Exercises:** Gentle arm movements may be recommended to prevent stiffness. Follow any exercise instructions provided at discharge.

Step 5: Monitoring the Magtrace Injection Site

- **Skin Changes Are Normal:** You may notice temporary skin discoloration where Magtrace was injected. This should fade over time.
- **Check for Issues:** Look out for signs of infection like redness, swelling, or tenderness at the injection site.

Step 6: Managing Axillary Seroma (Fluid Buildup in the Armpit)

- **What is a Seroma?** A seroma is a collection of fluid that may form near your surgical site. It can feel like a soft, swollen area.
- **When to Monitor:** Small seromas often resolve without treatment. Keep an eye on the size and any changes.
- **When to Seek Help:** If the seroma becomes large, painful, red, or warm, or if you have a fever, contact your healthcare provider. They may need to drain the fluid.
- **Compression Garments:** Your doctor might recommend a compression garment to minimize fluid buildup.

Step 7: Recognizing When to Call Your Healthcare Provider

- Fever above 38°C (100.4°F) or chills
- Increased redness, swelling, or warmth at the surgical site
- Pus or unusual drainage
- Severe or worsening pain not relieved by medication
- Numbness, tingling, or weakness in the arm on the side of surgery

Step 8: Follow-Up Care

- **Attend All Appointments:** Go to all scheduled follow-ups so your doctor can monitor your recovery.
- **Discuss Any Concerns:** Talk to your healthcare provider about any symptoms, worries, or questions you may have.

Remember, everyone's recovery is different. Always follow your surgical team's specific recommendations for your care.