



## Tampa Bay Breast Care Specialists, LLC

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### Mammary Duct Excision

A mammary duct excision is an outpatient surgical procedure that removes a duct(s) from your breast that we screen for malignancy. This procedure is also done to relieve symptoms that the duct could be causing. Here is some general information on how to prepare for your procedure and what to expect.

#### *Preparing for surgery day:*

- Make sure you have someone that can drive you home after surgery.
- Refrain from eating or drinking anything after midnight before your surgery, unless otherwise specified by your doctor.
- We suggest wearing clothing that is loose and comfortable, as well as a sports bra or front closure bra.

#### *At the surgery facility:*

- You will have a designated time to arrive at the surgery center to check in and go through a preoperative assessment before your scheduled procedure.
- The procedure typically lasts an hour. The doctor will come out to speak with your party to let them know how you are doing afterwards.
- You will probably be released within four hours post surgery.

#### *What to expect after surgery:*

- You should call the office and schedule a post-operative visit for approximately one week after your surgery.
- We receive results typically between 3-5 business days after surgery. The doctor will go over your results at your post-operative visit.
- Write down any questions you come up with so you can discuss them with your doctor during your post-operative visit.

#### *About your wound:*

- We suggest that you wear comfort support or sport bras at all times for two weeks after your procedure.
- Skin glue is used to close your incision. If the area starts to bleed, you should reinforce the dressing with sterile gauze.
- You should be able to take a shower the day after surgery, but consult with your doctor or his staff to confirm.
- It is normal to have a small amount of bleeding, swelling, and bruising at the site.
- Try not to cause any trauma to the surgical site for at least one week after surgery.
- Pending on the type of surgery, you should be able to resume normal, non-strenuous activity the day after your surgery. You should wait until after you see your physician to make sure you can go back to aerobic or strength exercise.
- On most occasions, the only type of pain medication you need would be Tylenol, but the physician may prescribe you pain medication as well.
- If you decide to take prescription pain medication, you may add one regular-strength Tylenol. DO NOT exceed one Tylenol, since this is a popular prescription pain ingredient and we do not want you to overdose.
- Please be advised that taking prescription pain medications can alter your judgment and you should refrain from operating heavy machinery.

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### *Authorization of Procedures and Billing*

When we schedule your surgery, we will call your insurance company to verify coverage and get authorization. If we have any issue obtaining authorization, we will call you immediately. If you decide to pay out of pocket or if your insurance does not cover, our billing department will give you an estimation of how much your procedure will cost, as well as make payment arrangements. We are only responsible for the billing of the surgery our surgeon performs, so keep in mind that depending on the complexity of your situation, you may receive bills from the surgical facility where the surgery takes place, the radiologist, and the pathologist, just to name a few.

You should contact our office if you experience any of the following:

- You have a fever over 101.5 during the first week after surgery.
- Your wound feels tight and you are experiencing extreme pain.
- Your breast is extremely bruised other than around the surgical site.
- You are experiencing excessive nausea and/or vomiting.
- Blood continues to leak from your dressing. While you are trying to contact us, use a towel to hold firm pressure on your wound.

If your situation becomes a life-threatening or emergency situation, please call 911 or go straight to the Emergency Room. Please notify us so we may assist you and care for your needs.