PREGUNTAS PARA HACERLE A TU CIRUJANO ESPECIALIZADO EN CÁNCER DE MAMA

***Nota: La información proporcionada en esta hoja no constituye un consejo médico o legal. Siempre consulte con su equipo de atención médica. Esta compilación de preguntas no es exhaustiva y solo tiene fines educativos. Las siguientes preguntas se recopilaron de recursos en línea como cancer.net, breastcancer.org y de personas diagnosticadas con cáncer de mama en nuestra comunidad survivingbreastcancer.org. Si desea agregar a esta lista, por favor póngase en contacto con sbcspanishteam@survivingbreastcancer.org.

Preguntas sobre su cirujano
- ¿Está certificado por la junta en cirugía?
- ¿Es usted un cirujano de mama capacitado por una beca?
- ¿Es especialista en este tipo de cirugía?
- ¿Se ha capacitado en un campo relacionado con el cáncer de mama antes de su especialización en este campo?
- ¿Cuántas operaciones similares a la que estoy considerando ha realizado?
- ¿Conoces y realizas cirugía oncoplástica?
- ¿Supervisa con frecuencia sus resultados quirúrgicos, junto con pruebas fotográficas?

Preguntas para hacer antes de la cirugía:
- ¿Necesito alguna otra prueba antes de esta cirugía?
- ¿Soy candidato para una lumpectomía?
- ¿Soy candidata para una cirugía de preservación del pezón?
- Si tengo que elegir entre una lumpectomía o una mastectomía, ¿cuáles son las ventajas y desventajas de cada opción en mi caso?
- ¿Cuál es el mejor resultado posible de mi cirugía?
- ¿Cuál es el peor de los casos de este tipo de cirugía?

Preguntas para hacerle a su cirujano sobre los ganglios linfáticos
- ¿Es necesario extirpar los ganglios linfáticos de mi axila?
● ¿Qué es una biopsia de ganglio linfático centinela? ¿Cuáles son los beneficios y los riesgos? ¿Me lo recomendarías?
● ¿Cuál es el riesgo de linfedema con una biopsia de ganglio linfático centinela? ¿Cuál es el riesgo de linfedema con la disección de los ganglios linfáticos axilares?
● ¿Qué debo saber sobre el cuidado de mi brazo después de la disección de los ganglios linfáticos?
● ¿Cuál es el beneficio de extirpar más ganglios linfáticos?
● ¿Cuáles son los efectos secundarios de estos procedimientos? ¿Se pueden prevenir o minimizar?

Questions to ask your Surgeon About your Breast Cancer Treatment Plan

● Should I consider chemotherapy before surgery?
● Will radiation after surgery affect my reconstruction options?
● Will radiation affect the aesthetical outcome of my surgery? (i.e. will my breast change size?)
● Is there a process for early detection and prevention of Lymphedema?
● Will I lose any degree of sensation in my nipples?
● Do I need genetic testing to gauge the cancer’s origins and impacts?
● How quickly, following diagnosis, do I have to have surgery?

Questions to ask About Surgery Options

● When do I need to make a decision about surgery?
● What are the risks if I decide not to have this surgery?
● Will my tumor be saved? Where will it be stored? For how long? How can it be accessed in the future?
● If I need a mastectomy, is reconstruction (plastic surgery) an option for me? What are the advantages and disadvantages? What types of breast reconstruction surgery am I eligible for?
  ○ o Fat Grafting/ autologous fat transfer vs implants vs. opting for going flat and no reconstruction (aesthetically flat closure)
● If I chose to have implants, are there different types of implants to choose from? How do I decide which implant is best for me?
● If I choose to have breast implants, can you explain to me what Breast Implant
Illness (BII) is? What is the likelihood of me developing breast implant illness?
- What are the potential risks and side effects of this operation?
- Do I need to consult a plastic surgeon about reconstruction options? Can you help me arrange that?
- How many surgeries will be involved?
- Will I need expanders? Can you explain to me what they are and for how long I will have them?
- Am I eligible to have one surgery where you remove the tumor and can go directly to the implant? What are the pros and cons?
- If I have a mastectomy without reconstruction, where can I get a prosthesis? Is this covered by my insurance?
- Will there be permanent effects from the surgery?
- Should I get a second (third or fourth) opinion? How do I go about doing that?
- This is all happening so fast, can I take more time to decide on my surgery options? What is the timeline?

Questions about the Surgery Itself

- How long is the procedure? How long will I stay in the hospital?
- What type of anesthesia will I need for this operation?
- If I have large or sagging breasts, will you need to work with a plastic surgeon in order to assess the size and shape?
- What medications and supplements should I stop taking? Should I stop taking hormone replacement therapy? What about birth control pills?
- What are the possible complications for this type of surgery? How would I know if there is a problem?
- Will my medical insurance cover all charges from you and the hospital?

Questions about Recovery

- How long will it take me to recover after the surgery? What should I expect during the first day, first week, first month?
- What kind of pain will I be in afterwards? How do you help me manage my pain?
- What risks or side effects of this surgery do I need to know about? i.e., pain, tenderness, bruising, scarring, numbness? Which ones do I need to report to
you? Will any of the side effects be long-term? Is there anything I can do to reduce side effects?

- When should I call your office if I experience any side effects?
- Do you offer enhanced recovery after surgery? It is a protocol on preoperative hydration/pain medication.
- Will the hospital provide a home nurse to help change my bandages? How will this be arranged?
- Will I have stitches, staples, and/or bandages?
- Will I need to have surgical drains? How do I clean the drains? How long will the surgical drains be in?
- What kind of care will my incision need after surgery?
- Is there anything I can do before surgery to help the healing process after surgery?
- When can I shower or bathe?
- Where will the scar be, and what will it look like? Can you draw me a picture so I can better understand?
- What will my breasts look and feel like after surgery?
- What type of clothes should I pack for my return home? Will I need a special type of bra?
- When will I find out the results of the surgery? Who will discuss the pathology report with me? Will it be in person or by phone?
- Will my arm be affected by surgery? For how long? Will I need physical therapy for my arm?
- Are there physical therapy exercises I should do after surgery? When can I start exercising again?
- Are there any activities I should avoid and for how long?
- When can I start to treat my scar on my own? Do you recommend special creams or lotions?
- When can I return to work and other daily activities?
Questions to ask About the Day of Surgery

- What should I do to get ready for the operation? Do you have recommendations on how to help me relax before surgery?
- What can I expect as part of the pre-op? Does that happen the same day of the surgery or prior?

Questions to ask your breast surgeon after your first surgery

- What is the size of the tumor?
- What is the grade and stage of this disease? What are my biomarkers? What do these mean?
- What are the chances that the cancer will return?
- Will I need chemotherapy? Am I eligible for the Oncotype DX or Mammoprint? Can you explain my pathology report (laboratory test results) to me?
- Can I get a copy of my pathology report?
- Was all of the cancer removed during the surgery? Do I have clear margins?
- How many lymph nodes were removed?
- Has the cancer spread to any of the lymph nodes? If so, how many? Has the cancer spread to anywhere else in my body?
- Do I need additional surgery?
- Are there additional tests you recommend?
- When will I need to return for a follow-up appointment?
- How often do we meet for follow ups?