

## **What to expect at your appointment**

Many women are very apprehensive to come to a surgeon when they have a concern about their breast. Sometimes knowing what to expect at the visit will help alleviate some of the anxiety and make the visit less stressful and more productive. At BlueStone Advanced Surgical Care we tailor each visit to suit the needs of the individual patient but in general a typical visit for a breast concern will be similar to what is described below.

You will come to the office and check in just like any other office. It will help if you come 10-15 minutes early in order to fill out paperwork. If you can review the Info Sheet on "Questions the doctor may ask you during your visit" it will help you get through the paperwork more quickly and accurately.

You will be taken back to an exam room and have your vital signs checked. Usually we don't have you undress right away because most women find it more comfortable to talk to a doctor with their clothes on! The surgeon will meet with you and discuss your concerns, medical history, breast history, and family history. Then the doctor will step out ask you to change into a gown for the breast exam. The breast exam may or may not include an ultrasound of the breast at that time.

After the exam the doctor will talk with you about what should be done next. This may include a biopsy in the office (either that day or the next day or week), referral for an ultrasound or mammogram in the radiology department, planning for surgery, or possibly a course of observation with recheck in the office at a later time. Feel free to ask any questions you might have. Usually an appointment without a biopsy will take about a half-hour.