

Office number: \_\_\_\_\_

## POST-OPERATIVE INSTRUCTIONS BREAST BIOPSY

1. You can expect some drainage and swelling in the area of your incision. This is normal and will go away with time. You may note a firm ridge under the incision in the next few weeks. This is called a *healing ridge* and is a sign that the wound is healing properly. This too will resolve in the next few months.
2. You may note some bruising around your incision. This is a frequent occurrence and should resolve in time.
3. You may wear a soft bra if needed.
4. Ice packs over the wound helps cut down on pain and swelling and will assist your postoperative recovery.
5. You may remove the outer gauze dressing on the 1<sup>st</sup> or 2<sup>nd</sup> day after your surgery and resume showering or bathing. There may be tapes on the skin crossing the actual incision; these are called steristrips. These need to be left in place as the support the wound.
6. You should avoid aggressive physical sports or exercise for the next 1 to 2 weeks as the wound is healing, Walking is a good temporary replacement to your usual routine.
7. You need to make an appointment to see your surgeon in the next 7 to 10 days. Please call the office to schedule the appointment.
8. Biopsy results are usually available in 1 to 2 working days after surgery from your surgeon.
9. Pain medication has been prescribed to relieve your discomfort after surgery. Use as directed on your prescription.
10. If you have had general anesthesia:
  - a) Do not drive or operate complicated machinery for 24 hours
  - b) Avoid making important decisions or signing important papers for 24 hours
  - c) No alcoholic beverages for 24 hours
  - d) Diet of liquids or light nourishment for your first meal. If you tolerate this you may resume your normal diet
11. If you develop any of the following symptoms notify your doctor immediately:
  - a) Temperature greater than 100 degrees Fahrenheit
  - b) Intolerable pain, swelling or bleeding.

**IF PROBLEMS ARISE OR IF YOU ARE UNABLE TO URINATE OR TOLERATE LIQUIDS BY MOUTH WITHIN 6 HOURS, PLEASE CALL YOUR DOCTOR. IF YOU ARE UNABLE TO CONTACT YOUR DOCTOR, PLEASE GO TO THE EMERGENCY ROOM AT CPMC, 2333 BUCHANAN ST, OR YOUR NEAREST EMERGENCY ROOM.**

**A copy of these instructions has been given to the patient and/or patient's representative.**

\_\_\_\_\_ RN

**Signature of Patient/Representative:** \_\_\_\_\_