

## POST OPERATIVE BREAST BIOPSY INSTRUCTIONS

### ACTIVITY:

- You can drive after 24 hours.
- Do **NOT** do any hard physical activity for 1 week after surgery.

### INCISION CARE:

- Keep the dressing on for 72 hours. Your incision may be covered with a waterproof dressing (Tegaderm). You may shower with it on.
- Some blood or fluid may collect under the dressing.
- Leave the Steri-Strips (little white strips of tape) in place after you take off the dressing. These small pieces of tape will support the incision and keep the scar narrow.
- You may shower after the dressing comes off. Do **NOT** rub the Steri-strips. Just shower with them and pat them dry. You may peel them off 2 weeks after surgery, if they have not come off earlier.
- If you have external stitches, keep them clean and dry.
- Do **NOT** take a bath or swim for 2 weeks after surgery unless you first check with your doctor.
- Many women find it more comfortable to wear a bra **DAY** and **NIGHT** for at least 48 hours after surgery. You may find it more comfortable to continue this for 2 weeks after surgery. This will support the incision (decreasing scar size) and the strain on the biopsy site (decreasing bruising).
- It is normal to have some bruising or swelling around the incision.

### PAIN MEDICATION:

- Use ice to help with the pain and swelling in the area for 24 hours after surgery.
- Tylenol or Advil every 4-6 hours will be enough for pain relief.
- If you are given a prescription for pain medicines follow your doctor's directions.
- Keep in mind that narcotic pain medicines can cause constipation and you may also want to take a stool softener and drink lots of fluids.

**CALL YOUR DOCTOR IF:**

- You have chills or fever greater than 101°F (or 38.3°C).
- You have a lot of swelling, bleeding (red blood from the incision) or pain.
- You have a lot of drainage from the incision and/or redness (more than ½ inch beyond the incision).

**FOLLOW-UP:**

- If you do not have an appointment for a follow-up visit, call our office and make one after you go home.
- The pathology results may take up to 5 working days to be ready.
- For any questions that are not emergencies, call the office.
- In case of emergency, call our office and/or go to the Emergency Room at Houston Northwest Hospital.