

POST-OPERATIVE INSTRUCTIONS

BREAST BIOPSY

DIET: You may resume your usual diet as soon as you feel hungry. It is a good idea to drink plenty of fluids; either water, juice or Gatorade, for the next day or two following surgery.

WOUND CARE: You will have a dressing in place after surgery. Beneath the dressing, your incision will be covered with dermabond (skin glue). You may remove the outer dressing 24 hours after surgery, but do not try to remove the dermabond. You may shower after 24 hours. Do not put anything on the incision such as Neosporin or any other Vaseline based product, as this will break down the dermabond and may cause the incision to open.

You may find it more comfortable to wear a bra around the clock for the first few days. Some tenderness and pain is to be expected after surgery, however, if the breast is very swollen, getting more tender each day, or if you notice any redness or persistent drainage from the wound you should call the office. These wound care instructions also apply to any incision you may have under your arm if you had a lymph node biopsy.

ACTIVITY: You may resume your usual activities as soon as you feel comfortable to do so. Use your arm for those activities you would normally do throughout your day. Do not resume any weight lifting, jogging, swimming, or other strenuous exercise until you have been seen in the office. You should, however, try to go for walks at least three times a day. You may resume driving when you are off any narcotic pain medications.

MEDICATION: You will get a prescription for a mild painkiller before you leave the hospital. Start with one every four hours and increase to two if that does not help. Take the pills with food. If they make you nauseated, try extra strength Tylenol or Advil. If it persists, call the office for a new prescription. Beware of taking maximum doses of pain medication along with plain Tylenol, as many of these have acetaminophen in them. Medications **will not** be refilled after hours or on the weekend.

FOLLOW-UP: Call the office at (432)580-8330 to make a follow up appointment for 1-2 weeks after surgery. Do this as soon as you get home from the hospital or on the next business day if you are released after hours or on the weekend.

EMERGENCY: If you have any problems or questions, do not hesitate to call the office number. After hours, you will get the answering service. Tell them your name, when you had surgery, what kind of surgery you had, and what kind of problems you are having. They will contact the doctor. Call if you have active bleeding, severe pain, persistent vomiting, or fever over 101.0 degrees. If it is an extreme emergency, please go to the closest emergency room.

Thank you for allowing us the privilege of providing your surgical care.

Signature _____ Date _____ Instructions given by _____

