

Breast Biopsy Post Op Instructions

These post-operative instructions are provided for our patient's convenience.

Wound Care

If you have a large white gauze dressing covering your wound, this may be removed the day following surgery. Underneath this will be small white steri-strips. These should be left alone. These steri-strips usually fall off on their own within two weeks of surgery. You may gently shower the day after surgery. Try not to remove the white steri-strips. Apply an ice pack for 30 minute periods as needed for pain or swelling during the first two days following surgery. You may wish to wear your sports bra 24 hours a day for comfort and support for the first few days after surgery. There may be considerable bruising to the breast and chest area. There also maybe firmness underneath the incision. This will gradually disappear with time.

Diet

Following your surgery you may resume your normal diet.

Activity

For the first week following breast surgery it is important to avoid disturbing the breast incision. You may return to work and resume normal activities as tolerated. Please wear a good supporting sports brassiere during the day and avoid activity which would cause movement within the breast, such as jogging or jazzercise. You may return to walking for exercise following surgery and should be able to return to jogging two weeks after surgery. You should avoid total immersion in a swimming pool or other body of water for at least two weeks following surgery. Also, avoid anything that may bump the breast and cause injury.

Medication

Resume all of your home medications with the exception of aspirin or other anticoagulants. Aspirin and other anticoagulants should be discontinued for at least a week following surgery unless other arrangements have been made with your doctor.

Follow Up Visit

It usually takes the pathology department 4-5 working days to complete the evaluation of a breast biopsy. We usually like to see you back in the office a week after your surgery. That way, we should be able to give the pathology department the time they need to give us a full report on your biopsy which we will in turn give to you at your follow up visit.

Pain Control

Please use the prescription for pain medication given to you at the time of discharge. Be sure to take narcotic pain medication with food so as not to upset your stomach. Should you experience nausea during the post-operative period, this is usually related to the pain medication and can be treated by stopping the pain medication. You can gradually taper this over to plain Tylenol. If you have had no past problems with ulcer disease or gastrointestinal bleeding or allergies to aspirin, you can use Ibuprofen.

Driving

You should be able to drive as soon as you are off prescription pain medication. Do not drive a car within 24 hours of taking any prescription pain medication.

Special Attention

Mild tenderness and/or some bruising can occur – both typically resolve spontaneously. If you have excessive pain, bleeding, bruising or fever over 101 degrees, please call our office.

If you have any questions or problems, during normal business hours 8:00am-5:00pm, please call Dr Todd A. Moffatt's office at (254) 230-1234. If you are having a problem after hours, please call our office and press 2 to leave a message. Someone will return your call promptly.