

# Breast Biopsy

*... after the procedure*

## Medications

- A prescription for pain medication will be given to you upon dismissal. Please use the medication as needed, and as prescribed.
- If a prescription is not provided for you, you may take Tylenol or Ibuprofen (over-the-counter) as indicated on the bottle.

## Follow-up Appointment

- You will need to see your doctor in the office 7-10 days after surgery. You are responsible for making your own appointment.

## Swelling

- Apply ice to the breast frequently after surgery to help reduce the swelling— 20 to 30 minutes each time.
- To help reduce swelling, wear a comfortable and snug fitting bra at all times (even to bed) for the first 2 weeks following surgery.

## Diet

- You may resume a normal diet soon after surgery as long as you are not experiencing nausea or vomiting. If you are experiencing nausea or vomiting, start with liquids and light, easy to digest foods. As you feel up to it, return to a normal diet.

## Activity

- Refrain from strenuous upper activity for the next 24 hours (washing dishes, laundry, gardening, cooking, etc.). Refrain from strenuous physical workouts for at least 5 days.
- You may be dizzy or lightheaded on the day of surgery. This is normal and you should plan to go home after surgery to rest in a comfortable environment.
- No driving for at least 24 hours.

## Pathology Results

- Your testing could take up to 72 hours (not including weekends) for results. Your doctor will discuss these results with you at your follow-up visit.

## Wound Care

- You may have a dressing in place after surgery. If so, leave the dressing in place for 24 hours. After the dressing is removed, you may shower and rinse off the incision.
- Clean your incision daily using soap and water.
- Leave the steri-strips in place for 7-10 days.
- Despite the greatest care, any incision can become infected. Contact your physician immediately if you run a fever, if your incision becomes more painful rather than less painful as days go by, becomes swollen, reddened, shows pus or red streaks.

## When to Call Your Doctor

- Fever over 101.5 degrees
- Signs of an infection as listed above
- Vomiting or nausea that does not go away
- A dressing that is soaked with blood



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