

POST OPERATIVE INSTRUCTIONS FOR BREAST BIOPSY

- ADVANCE YOUR **DIET** AS TOLERATED AFTER SURGERY.
- MAKE SURE TO UTILIZE THE PRESCRIBED **NARCOTIC PAIN MEDICATIONS** AS RECOMMENDED. IF NO SENSITIVITY TO **ANTI-INFLAMMATORY MEDICATIONS** OR **ULCER** HISTORY EXISTS, **IBUPROFEN (400-600MG)** EVERY **6-8 HOURS** IS AN EXCELLENT ALTERNATIVE IN **ADDITION TO OR AS A SUBSTITUTE** TO YOUR NARCOTIC. YOU MAY USE **TYLENOL (650MG)** EVERY 4 HOURS **INSTEAD** OF YOUR **NARCOTIC** PRESCRIPTION. YOU CAN **EXPECT THE PAIN TO DECREASE RAPIDLY** WITHIN THE FIRST FEW DAYS AFTER SURGERY.
- UTILIZE AN **ATHLETIC BRA** FOR THE FIRST FEW DAYS AFTER SURGERY FOR COMFORT MEASURES.
- **MILD SWELLING** IS TO BE **EXPECTED** WITHIN YOUR BIOPSY SITE. YOU CAN EXPECT THE INCISION TO FORM A **HARD KNOT** BENEATH THE SKIN. IF YOU NOTICE ANY AREAS OF INCREASING WARMTH, REDNESS, FEVERS, OR CHILLS, PLEASE CALL THE **OFFICE** AT **303.449.3642**.
- **NAUSEA** IS A COMMON COMPLAINT POST OP. THIS CAN BE ASSOCIATED WITH **NARCOTIC** PAIN MEDICATIONS, GENERAL ANESTHESIA, AS WELL AS WITH SEVERE **CONSTIPATION**. TRY TO **MINIMIZE** YOUR NARCOTIC PAIN MEDICATIONS AS SOON AS ABLE. IF PERSISTENT VOMITING, FEVERS OR CHILLS OCCUR, PLEASE CALL THE **OFFICE** AT **303.449.3642**.
- YOUR **INCISIONS** ARE CLOSED WITH **DISSOLVABLE** SUTURES AND USUALLY COVERED WITH A **SKIN ADHESIVE (CLEAR GLUE)**. THE **ADHESIVE** NORMALLY LASTS APPROXIMATELY **1-2 WEEKS**. IF IT FALLS OFF **SOONER**, DO **NOT** BE ALARMED.
- **DRIVING** MAY BE **RESUMED** WHEN **OFF** ALL **NARCOTIC** PAIN MEDICATIONS AND YOU CAN **TURN OR TWIST** YOUR BODY **WITHOUT** HESITATION.
- YOU MAY **SHOWER** THE DAY **OF** SURGERY IF THE **SKIN ADHESIVE** IS USED (OTHERWISE PLEASE WAIT UNTIL THE FOLLOWING DAY). **AVOID SOAKING** YOUR INCISION IN A **BATH TUB** OR **HOT TUB** UNTIL YOU HAVE BEEN SEEN IN FOLLOW-UP.
- **ACTIVITY LIMITATIONS** INCLUDE **NO** STRENUOUS EXERCISE, JOGGING OR SWIMMING UNTIL SEEN IN FOLLOW-UP.
- **SCHEDULE** A POST-OPERATIVE **VISIT 1-2 WEEKS** AFTER SURGERY. IF ONE HAS NOT BEEN ARRANGED BEFORE SURGERY, PLEASE CALL THE **OFFICE** AT **303.449.3642**.