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## **POST OPERATIVE INSTRUCTIONS FOR BREAST BIOPSY**

- Advance your **diet** as tolerated after surgery.
- Recommended **pain management** regimen:
  - Meloxicam (If prescribed): 1 tablet daily OR Ibuprofen: 400-600mg every 8hrs as needed.
    - These are anti-inflammatory drugs. **Do not take ibuprofen and meloxicam together.** If you have a sensitivity to anti-inflammatories, history of stomach ulcers, or kidney disease do not take anti-inflammatories.
  - Tylenol: This is over the counter. Take 1000mg 3x/daily as needed. Max of 4000mg/24hrs.
  - Oxycodone (or other prescribed narcotic medication): 1-2 tablets every 4-6 hours as needed for breakthrough pain.
- 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, anesthesia, as well as with severe constipation. Try to minimize your use of 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 comfortably without hesitation.
- You may **shower** the day of surgery if the **skin glue** 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**.