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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 VOMITING, FEVERS OR CHILLS OCCUR, PLEASE CALL THE **OFFICE AT 303.449.3642**.
- YOUR **INCISIONS** ARE CLOSED WITH **DISSOLVABLE** SUTURES AND COVERED WITH A **STERI-STRIP**. THERE IS OFTEN A **BULKY OUTER DRESSING** OVER THE STERI-STRIP. THIS MAY BE **REMOVED** THE **MORNING AFTER** SURGERY. THE **STERI-STRIP** 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 **AFTER** SURGERY. **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 5-7 DAYS** AFTER SURGERY IF ONE HAS NOT BEEN ARRANGED BEFORE SURGERY. PLEASE CALL THE **OFFICE AT 303.449.3642**.