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BREAST BIOPSY DISCHARGE INSTRUCTIONS

When you get home: Applying ice packs: "Blue Ice," crushed ice chips in a zip-lock bag, or frozen peas in a plastic bag (they will conform nicely to the shape of your breast)] will help to minimize swelling and bruising. Place a clean, dry washcloth between your dressing and the cold pack to protect the surrounding skin from the cold.

Pain relief: Do not take aspirin or aspirin-containing medications. Tylenol 650 mg every 4 hours or Motrin (Ibuprofen) 200 mg, one to two tablets every 4-6 hours should be effective in relieving your discomfort. If these medications are not effective in managing your pain, call the office. We recommend that you wear a bra when you're out of bed. If you have large breasts, you may want to wear a bra while sleeping for support and comfort.

Wound Care: You will be discharged with a bandage that should remain dry and undisturbed for 2 days (48 hours). After 48 hours, you can remove the dressing. Underneath the dressing, you'll find some "Steri-strips" (that look like reinforcement tape) on the incision which is also closed with dissolvable stitches underneath the skin. You can shower or bathe once the bandage is removed but do not pull off the "Steri-strips." Allow them to remain in place until they come off on their own (which may take 2 weeks or even longer). You may notice some bruising of your breast around the incision. This is to be expected. You may also feel a lumpy area under the incision. This, too, is normal as fluid can collect in the wound. Please call the office if you have any concerns about the appearance of your breast.

Activity: You may resume any activity that doesn't cause discomfort the day following your surgery but avoid activities that "jostle" you such as jogging, horseback riding, aerobics or activities that could cause injury to your breast (like racquetball) until you see the doctor again.

Temperature elevation: It would not be unusual for you to have a mild temperature elevation (up to 100 degrees) for a few days after surgery. It is not necessary for you to measure your temperature unless you are concerned that you have a significant elevation. Do not hesitate to call if you have a concern about a temperature elevation.

Follow up: You will need to see your surgeon again in 7-10 days. Prior to discharge, if an appointment has not already been made, you need to call the office as soon as possible and make one.