

## **Breast Biopsy**

Foris Surgical Group, LLP

### **GENERAL**

#### **CONSIDERATIONS:**

It is normal to see some drainage on the bandage the day of surgery.

You may apply an ice pack over the bandage, 30 minutes on then 30 minutes off, for comfort and to reduce swelling for the 1<sup>st</sup> day or two.

Wearing a snug bra or sports bra for a week or two after surgery will provide support and comfort. This should be worn 24 hours a day/7 days a week.

#### **DIET:**

Diet as desired, unless otherwise instructed.

#### **ACTIVITIES:**

No heavy lifting for a few days after surgery and no sports for about one month.

You may drive when you are no longer taking narcotic pain medications and have recovered from anesthesia.

Follow any specific activity instructions given by your surgeon.

#### **WOUND CARE:**

Keep the bandage dry for 2 days after the surgery. Then, remove bandage and you may shower over the incision. If you have tape strips across the incision, leave these in place and shower over them. You may remove them after two weeks if desired or allow them to fall off.

It is not necessary to reapply a bandage. However, you may apply one to prevent irritation of sutures or staples.

Do not apply ointments or creams to the incision unless instructed by your surgeon.

#### **MEDICATIONS:**

Take your narcotic pain medication as prescribed (if needed).

You may take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) as directed for mild pain.

#### **CALL OUR OFFICE IF:**

You develop a fever above 101.5F or a persistent fever.

You develop spreading redness around the incision.

You develop increased swelling and/or pain after the 1<sup>st</sup> three days.

There is drainage from the incision that saturates gauze pads.

**FOLLOW UP:** Follow up in the office as instructed by your surgeon.

Finally, if you have any questions or concerns regarding your surgery or recuperation please DO NOT HESITATE to call our office --we are here to help in any way we can.

Foris Surgical Group, LLP  
45 Thomas Johnson Drive  
Suite 211  
Frederick, MD 21702  
(301)-694-3200