

NEWTON-WELLESLEY SURGEONS, INC.

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POSTOPERATIVE BREAST BIOPSY INSTRUCTIONS

- Surgery** You have just had a breast biopsy. This procedure involves the removal of breast tissue through a surgical incision. A pathologist will examine the tissue removed under a microscope.
- Pain** While many women find there is surprisingly little discomfort following a breast biopsy; you will be given a prescription for a pain medication. Wearing a comfortable bra will help minimize discomfort by giving support to the breast. For mild discomfort, Tylenol or Tylenol with codeine may be used. An ice pack wrapped in a light towel may also be helpful for the first 24-48 hours following surgery.
- Dressing** The incision is closed with sutures below the skin surface. The incision surface is covered with a special ribbed tape, which helps keep the skin edges together in the early stages of healing. A soft bandage is placed over the incision following surgery. An ace wrap is applied over the bandage in the operating room. The ace wrap can be removed 48 hours after the procedure, and the outer dressing may be changed at that point.
- In some cases a drain may be placed at or near the incision to facilitate the release of drainage from the wound. In this case, a larger, more absorbent dressing has been applied and should be left on. Your surgeon will instruct you as to when this is to be removed.
- Wound** Due to the surgical technique used, you may notice some bruising around the incision area. Should this bruising become extensive, please notify the office and speak with the nurse.
- Following your surgery, you will notice that the incision area may feel firm or lumpy. This is normal and will resolve as the healing process occurs. This firmness may last for as long as 4-6 months following surgery.
- Bathing** It is safe to shower 2 days after surgery. Simply let the water run over the incision and pat the area dry. If you do not scrub at the incision, the reinforced tapes should remain in place until your postoperative visit.
- Activity** You may resume your normal activities, including work, within several days following surgery. Certain activities, such as lifting or reaching may cause some local discomfort to the incision area. This too will resolve given time.

Precautions If you have a fever, unexpected pain, redness or discharge from the incision, please contact the office and speak with the nurse.

Follow-up Please call the office a day or two after you go home to schedule your postoperative appointment for a week after the surgery.

If you have any questions concerning your recovery, please do not hesitate to call my office.