

## Discharge Instructions for Surgical Breast Biopsy

### Home Care

- ❖ Wear a comfortable bra (or surgical bra/binder) for support for 48 hours.
- ❖ Use an ice pack intermittently for relief of moderate discomfort and swelling.
- ❖ You may remove the gauze bandage tomorrow. You will find strips of tape, called steri strips, covering your incision.
- ❖ Leave the steri strips in place until they start to fall off (usually in 7 -10 days).
- ❖ You may shower tomorrow, get the steri strips wet and use soap, just rinse and gently pat dry when you are done.
- ❖ Avoid using deodorant or antiperspirant near the incision, as it may cause irritation.
- ❖ Mild to moderate discomfort can usually be managed with acetaminophen (Tylenol) 650-1000 mg or ibuprofen (Advil, Nuprin, Motrin) 400-600mg. Follow the directions on the label.
- ❖ You will also be given a prescription for pain medication. Take it as prescribed for moderate to severe discomfort.

### Activity

- ❖ You may resume most normal activities as soon as you feel up to it.
- ❖ You will want to avoid jogging and jumping for at least a week, as the bouncing of your breasts will be very uncomfortable.
- ❖ You may drive the day after surgery, so long as you are not taking pain medication.
- ❖ **Do not drive while taking prescription pain medication.**

### Follow-Up

- ❖ Dr. Kennedy will call you with the final pathology results as soon as they are available.
- ❖ Post-operative visits are usually scheduled with Lisa Wolf PA for 2-3 weeks after surgery.

#### **When to Call the Office**

Call 518-580-2170 if you experience any of the following:

- Fever greater than 101 F
- Increasing redness around the incision
- Foul smelling drainage from the incision
- Increasing pain after the first day