



Information for You from Your Health Care Team

POST OPERATIVE BREAST BIOPSY INSTRUCTIONS

1. Wear a comfortable bra for support of breasts, for at least the first 48 hours. A sports bra or front closing bra works best.
2. Leave the bandage on for 48 hours after surgery, then remove. Wetting the bandage with soap and water helps you to peel the bandage off easier. You do not need to re-bandage. Do not take a bath or shower until the dressing is removed unless instructed otherwise.
3. To make yourself more comfortable, you may apply:
 - a. Ice pack to the incision area on the breast the first night.
 - b. Heating pad (on low) the second night.
4. For pain relief, take Tylenol, Ibuprofen, (Motrin, Advil) two tablets every 3-4 hours as needed. **Do not take ASPIRIN.**
5. After 48 hours, the breast may be black and blue or yellow over a large area of the breast. This will go away with time. Also, a larger lump than you had may appear underneath the wound or sutured area. Don't worry, this too will go away.
6. The incision area may drain a small amount of black blood, (this is old blood). You can squeeze the breast to help drain the blood out of the incision. The area can be washed with soap and water. Apply bandage.
7. If you bleed bright red blood, let us know immediately. In the meantime, hold an old washcloth with pressure over the surgery site for 5-10 minutes to help stop the bleeding.
8. If your breast swells up and becomes hard and painful, call immediately.
9. If you develop a fever, chills, call immediately.
10. You will be given an appointment at the Breast Care Center 7-10 days after your surgery for a post-op visit and suture removal.
11. Under your gauze dressing, directly over your incision, you may find several fine paper tape steri-strips. **Do not** remove them earlier than 7 days after your biopsy.
12. We will discuss the results of the pathology report with you when you return for your post-operative visit or suture removal visit unless there is something you should know or do earlier.