



Breast Care Center: 315-464-8224

www.universityhospital.org

Information for You from Your Health Care Team

Post Operative Instructions: Breast Biopsy, Lumpectomy, or Ductal Excision

- Wear a comfortable bra for support of your breasts for the first 2 days after surgery. A sports bra or front closing bra works best.
- Leave the bandage on for 48 hours or 2 days after surgery, and then remove it. Wetting the bandage with soap and water helps to peel the bandage off easier. You do not need to rebandage the area. Do not take a bath or shower until you remove the dressing unless instructed otherwise.
- You may see fine pieces of paper tape over your incision, **Do Not Remove Them**. You can get them wet in the shower or while bathing. The paper tape will come off on its own 7 to 14 days after surgery.
- You may have a Tegaderm® dressing. This is a clear plastic dressing over your surgical area. **If you have this type of dressing you may shower or take a tub bath at any time.** Water will not hurt this dressing. The dressing can be removed 3 to 5 days after surgery.
- You may have a Dermabond® Dressing. This is a topical skin adhesive that is sometimes used instead of stitches. If you have this type of dressing you will be taught how to care for this type of dressing before you have your surgery. You will also be given written directions.
- You may apply an ice pack to the breast the first evening for pain relief. Frozen vegetables such as peas and carrots work well. Place a washcloth between your breast and ice pack and a second washcloth or towel over the ice pack so it is not too cold.
- For pain relief, take Acetaminophen, Tylenol®, Ibuprofen, Motrin®, Advil®, or Nuprin® every 4 to 6 hours as needed. **Do not take Aspirin.**
- After 48 hours the area around your breast may be bruised. This will fade with time.
- The incision area may drain a small amount of black blood. This is old blood. You may see black blood on your dressing when you take it off. This is normal.
- If you **bleed bright red blood, call the Breast Care Center right away.** The phone number is 315 464-8224. Apply a washcloth with firm pressure over the surgery site for 4 to 5 minutes to stop the bleeding.
- If your breast swells, becomes hard and painful, or you develop a fever, chills or sudden shortness of breath, call the Breast Care Center.

- Your final pathology report takes 3 to 4 days. A nurse practitioner or registered nurse will call you with the results.
- You will be given an appointment at the Breast Care Center to check the wound site and review the biopsy report 7 to 10 days after your surgery.

Speak Up if You Have any Questions or Concerns