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## **Post-Operative Instructions: Breast Biopsy**

### **Wound**

- You have a large bulky compression dressing on your breast. You may remove the dressing and shower after 48 hours. Pat the wound dry & do not put any salve or medication on the wound. Leave it open to the air or cover it lightly with a gauze pad.
- Wear your bra (without underwire) especially when up walking around.
- During normal healing the wound may become a little red or bruised looking, this is normal.
- If there are steri-strips over the wound, leave these in place until they start to peel off, then they can be removed (approximately one week).
- Please call the office at 559-738-0450 should you develop significant redness, swelling, or drainage from the wound or a fever (>101.5).

### **Diet**

- A light or liquid diet is recommended for the first night after surgery
- Other than this there are no diet restrictions.

### **Activity**

- Maintain light activity for 7 days post-op. I recommend lifting no more than 20 pounds during this time or workouts that require arm movement above the head.
- Walking and light aerobic activity is okay.
- No driving for two (2) days and not at all while on narcotics.
- Most people can return to work in two (2) days.
- Wear your bra (without underwire) for the first several days post-op for breast support.

### **Medication**

- You have been prescribed a light narcotic, \_\_\_\_\_, for pain relief. Take only when necessary and as prescribed. You may also use extra strength Tylenol or Ibuprofen if the narcotic medication is too strong.

### **Follow-up Instructions**

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