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Post Operative Suggestions Following Biopsy

ACTIVITY:

1. Plan to limit your physical activity after the biopsy. We suggest that you not operate a motor vehicle or perform any tasks, which require fine physical coordination until the following day.
2. For most people, normal activity can be resumed the day after surgery. Some patients may feel they fatigue easily for several days after the biopsy.

CARE OF INCISION:

1. The large dressing may be removed 24 hours after surgery at which time you may shower or bathe. Do not soak in a tub. Make sure your incision is clean and dry, and then cover the area with a large band-aid.
2. Wear a well fitting bra for several days, even while you sleep to give support and ease discomfort.
3. There may be a small "black and blue" area around the incision. This is related to the surgery and will disappear completely within a few days.

PAIN:

1. There may be some pain or discomfort at the operative site. This is rarely severe and can be controlled with a mild analgesic such as Tylenol.
2. Should you experience more pain, a prescription can be given. We suggest you only take this medication, as you need it. Unlike some medications, it is not necessary to finish the prescription.

DIET:

1. Resume your normal diet following surgery. It is normal for your appetite to be slightly less the remainder of the day of surgery.

FOLLOW-UP CARE:

1. Return to the office as the surgeon requests. Please call for an appointment a day or so after your surgery.
2. You may call for biopsy results 48 hours after surgery if you do not hear from our office. Do not be alarmed if the results are not back at that time, as sometimes it takes a little longer.
3. Do not hesitate to call our office at any time should a specific question arise.