

## Notify the Doctor or Go to the Emergency Department if any of the following happens

- persistent bleeding (not stopped by applying direct pressure)
- chills and/or fever of 38.5°C or 101.3°F or higher
- pain not relieved by prescribed medication or pain which gets worse a few days after surgery
- persistent nausea and vomiting
- wound redness, pus-like (yellow or green) drainage or swelling

### Besides these general instructions remember also:

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# Breast Biopsy

## General Information

This diagnostic procedure is done in the operating room under a local or general anesthetic. A small cut or incision is made in the skin of the breast. The breast lump is removed and sent to a pathologist for diagnosis. It takes several days for results to be returned to your doctor. These results will be available at your follow-up appointment.

## Important Points in Treatment

### Bleeding/Swelling

- If bleeding occurs, apply firm steady pressure over the area for 10-15 minutes or until the bleeding stops. You can expect a little spotting of blood from the incision.

### Dressings

- Keep the dressing dry. It may be removed after 48 hours. There may be some bruising around the incision.

### Bathing

- You may get the incision wet after the dressing has been removed.

### Pain

- Take your pain medications as soon as you begin to feel pain.
- Applying covered ice packs over the incisional area for 10-20 minutes every 2-3 hours can help relieve pain as well. Do not put ice in direct contact with the skin. A plastic bag with ice cubes or a bag of frozen peas placed in a pillow case works well. [Do not eat the peas after use as an ice pack]
- Do not drink alcohol when taking pain medication.

## Diet

- A well-balanced diet is important for wound healing. Include high fiber and plenty of fluids in your diet to prevent constipation especially if taking Tylenol #3's or Codeine.
- To prevent constipation, eat full grain breads, bran cereals (All Bran, Bran Buds, Fruit & Fiber), fruits (prunes, raisins, dates, bananas, apples), vegetables (broccoli, corn, beans, potatoes).

## Activity/Exercises

- There are no restrictions to your activity. Resume activities as you feel able.

## Follow-Up Appointment

- Contact your surgeon's office to arrange for an appointment.