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Surgeons of Northern Illinois

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BREAST BIOPSY INSTRUCTIONS

1. Keep ice on the operative site the day of your surgery. This will help to control your pain and bruising after the operation. You may continue to use ice after 24 hours if you feel it is helping.
2. Take your pain medicine as directed. This is not a contest to see who can put up with the most pain. If your discomfort is mild it may be relieved with Advil or Tylenol.
3. Wear your bra **AT ALL TIMES** for the first 48 hours over the bandages. This includes at night while sleeping. The bra will act as a splint and help the tissues to heal in addition to helping diminish pain.
4. Keep your bandage in place for 48 hours after your operation. You may remove the bandage after 48 hours and shower. It's O. K. to get the wound wet at this time. There will probably be some small "steri-strip" bandages on your skin. Leave these alone until they start to come off, usually in 5-7 days. There is usually no need to apply further bandages after the first dressing is removed. If surgical glue is in place, this will flake off slowly over a number of weeks. You may keep a light dressing on the wound if it pads the area and keeps your clothing from rubbing on the wound. You may wear your bra for comfort after 48 hours.
5. Expect some bruising. This can occasionally be spectacular. This looks terrible but will fade away over several days to weeks. There will be no permanent problem from the bruise.
6. Try to be as active as possible. Please try to avoid any activity that will result in direct trauma to the breast (it will probably hurt). **DO NOT DRIVE** until you are off prescription pain pills and able to perform emergency maneuvers without thinking twice.
7. Eat a normal diet.
8. Call the office after your surgery to set up a follow up appointment for 1 week after your surgery and to let us know how you are doing.
9. **DON'T HESITATE TO CALL IF YOU HAVE ANY QUESTIONS OR PROBLEMS.**