

**HOME CARE INSTRUCTIONS FOLLOWING
BREAST BIOPSY**

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Date: _____

ACTIVITY

Limit activity (i.e., brushing hair, lifting with the arm),
for _____ days. Avoid bumping the breast.

SURGICAL SITE CARE

1. May take dressing off on _____.
2. May shower after dressing is off. Pat dry.
Apply sterile gauze dressing or _____.
3. Wear bra day and night except when bathing for
another _____ days.
4. If you have steri-strips, they will come off in 5 - 7
days.
- 5.

COMFORT

1. May apply ice for 24 hours to affected side.
2. You may need to use a prescription pain medication
regularly at first and then only as needed. If pain
medication does not keep you comfortable, contact
your doctor. If **nausea** occurs, take food in 1/2 hour
prior to taking medication. If nausea persists or rash
occurs, STOP taking medication and call your doctor.
3. For mild discomfort, use over-the-counter pain
medication.

MEDICATIONS

1. New medications:

2. Last dose of pain medication:

Prescription pain (narcotic) meds can cause constipation,
which is no bowel movement for 2 or more days. Unless
your doctor instructs otherwise, the following may help
prevent constipation:

1. Increase fluids to greater than 8 glasses daily
2. Increase dietary fiber
3. Use an over the counter stool softener

DIET

1. Some of the sedative/anesthetic medication you
received today may make you nauseated. Begin with
clear liquids and then progress to solid foods as your
stomach tolerates them. If you become nauseated,
tea or carbonated beverages are helpful. If **vomiting**
persists, call your doctor.
- 2.





Wausau, WI

715.847.2121 ~ 800.283.2881

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SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic.
 - 12 hours after receiving sedation.
 - while taking prescription pain medication.
2. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
 - b. No alcoholic beverages.
 - c. Postpone signing any important papers or making any important decisions.
3. Because of the effects of anesthesia/sedation we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

Aspirus Day Surgery Plus
Phone: 847-2907

Open 6:00 a.m.-7:00 p.m.
Monday - Friday

WHEN TO CALL

If any of the following symptoms occur: INCREASED SWELLING OF BREAST, SEVERE PAIN, REDNESS AROUND INCISION, FEVER OVER 101 °, PERSISTENT VOMITING, RASH OR ANY CONCERNS ABOUT YOUR RECOVERY.

RETURN APPOINTMENT

Dr:

Date/Time:

WHO TO CALL

Dr.

Phone:

After Hours:

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time