

Surgical Associates of Fredericksburg
(540) 373-2244

DISCHARGE INSTRUCTIONS
BREAST BIOPSY

Medications:

1. Resume all regular medications that you were taking prior to surgery.
2. You can expect some soreness and tenderness. A prescription for Percocet has been given to you in case you need something stronger than Aspirin or Tylenol for pain. You may take one tablet ever 4 hours if necessary for pain. Percocet will cause constipation.
3. To prevent constipation you should take a stool softener such as Citrucel, Colace, Metamucil or Surfak daily while you are taking Percocet. These are available over the counter. You may take any laxative you choose or use a Fleet's enema if necessary.
4. Begin Advil/Motrin 600 mg 3 times a day, alternating with the pain medication continue 1-2 weeks.

Wound Care:

The incision is covered with tapes called steri-strips and a bandage. These should remain in place until you return to my office but do not soak tapes (no tub baths or swimming). Remove bandage after 48 hours, then you may shower. The tapes will stick well even if they get damp. Do not worry if the tapes curl a little around the edges. It is not unusual to notice some bruising around the incision a day or two after surgery. This is caused by a little blood under the skin. A sports bra is recommended, which opens in the front. Please wear for 24 hours a day for 2-3 days.

Diet:

Resume your usual diet.

Activity:

You may resume all activities the day after the biopsy procedure. Lifting, straining, and other use of your arm will not harm your biopsy site. Obviously you should avoid anything bumping against your incision. Do not drive or operate any machinery until you are no longer taking Percocet.

Follow-up Appointment:

Please call my office (540) 373-2244 and make an appointment for about one week from the date of surgery, if one has not already been made for you prior to discharge from the hospital. If you should have problems before your appointment time, you can reach me or one of my associates at any time by calling the office.