

AFTER YOUR BREAST BIOPSY OR LUMPECTOMY

1. Apply an ice pack directly over the bandage for 4-6 hours. You may use a plastic bag wrapped in a thin towel.

2. Wear a comfortable bra to bed tonight.

3. Remove the bandage in 24-36 hours and you may then take a shower.

Do not soak the area in the bathtub for about five days.

4. There is no need for a new bandage over the incision after you remove our dressing; however, if you feel more comfortable with a bandage, you may apply a new one.

5. There is usually some mild swelling, bruising, and discomfort. You may take Tylenol, Advil, or your prescription pain pills as needed. Please do not take aspirin for one week. Please report any unusual drainage, swelling, or severe pain.

6. If your surgeon placed white steri-strip tapes across your incision, leave them on for one week. After one week, you may remove them. Do not be concerned if the tapes wash off in less than one week. Do not cut or pull your stitches.

7. Avoid activities which cause bouncing (jogging, aerobics) for one week.