SURGICAL SERVICES

Post-Operative Instructions

Breast Biopsy Surgery

# PAIN:

You may experience some discomfort after surgery. Your surgeon has given you   
a prescription for pain medication. Please use as instructed.

# OPERATIVE SITE:

Keep a dressing on for 3 days. After that, you can apply a gauze dressing and tape over your incision; change daily or more frequently as needed. Your surgeon will advise you when to return to have it removed.

# ACTIVITY:

Resume usual daily activities as tolerated, with frequent rest periods. Do not resume any strenuous exercise program until advised by your surgeon. You may shower the day after surgery. Try to keep the dressing dry. Change it if it becomes wet.

# DIET:

As tolerated.

# FOLLOW-UP:

Your surgeon will advise you of your follow-up appointment the day of your surgery.   
If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

# ADDITIONAL INFORMATION:

Support your breast with a wireless brassiere at all times if possible (even at night)   
to prevent excessive pull on the incision.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**Call your surgeon or go to the Emergency Department if you have any   
of the following:**

* Elevated temperature (38ºC or 100.4ºF) and/ or chills lasting more than   
  24 hours
* Large amount of drainage through the dressing
* Drainage that is foul smelling
* Incision is red, hot or swollen
* Severe pain that is not relieved with pain medication

DO NOT TAKE ANY ASPIRIN™ OR MEDICATION CONTAINING ASPIRIN™,   
UNTIL ADVISED BY YOUR SURGEON.

The information contained on this sheet is provided to you and your family to help   
you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about   
your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or hand   
sanitizer, and ask that your healthcare providers and visitors do the same.   
Clean hands save lives.