

Breast Biopsy



UHN

Instructions for patients going home

You have had a general anesthetic.

Do not drive a car or drink alcohol for 24 hours.

Breast Biopsy

A breast biopsy is where a sample of breast tissue is removed and sent to a lab for diagnostic reasons.

What can you eat and drink after your operation?

You can go back to eating and drinking what you normally would right away.

How much activity is safe?

- Go home and rest today.
- You can begin all your normal activities again 24 to 48 hours after your surgery.
- Do not do any strenuous activities such as aerobics, jogging, swimming or weight lifting for the first 24 to 48 hours.
- Do not carry groceries, children or pets with the arm of the affected side for 24 to 48 hours.
- It is important to move your fingers and arm on the operated side to prevent them from swelling.
- You can go back to work in 48 hours (2 days) after your operation unless otherwise advised by your surgeon.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© 2008 University Health Network. All rights reserved.

Author: Revised by Beth Twigg-Damato RN & Bruna Curti RN, BScN

Created: 08/2004

Form: D-5002 (10/2008)



How to take shower

- Do NOT take showers or baths for 48 hours (2 days). You can sponge bath instead (wash yourself with a clean cloth, soap and water). Keep the bandages dry.

How to take care of your wound

- Remove the bandages 48 hours (2 days) after your surgery.
- Wear a clean soft bra that does not have under wires after removing the dressing.
- Keep the wound clean and dry at all times until it is completely healed.
- If you have stitches or staples your surgeon will remove them at your next follow-up appointment.

How to cope if you have pain

- It is normal to have pain after this operation. The pain should get better with time.
- You will be given a prescription for pain medication. Take it to a pharmacy to have it filled and follow the directions for taking the medication.
- Take the pain medication every 4 to 6 hours for the first 24 hours if you are feeling pain.
- After the first 24 hours, you can take Extra Strength Tylenol. Take 1-2 tabs every 4-6 hours only when you feel pain.
- Pain medication can make you constipated. To prevent constipation, drink lots of fluids (3 to 5 glasses of water every day and each glass should be about 8 oz). Eat foods that are high in bulk (bran and fruit, for example). If you have not had a bowel movement for 72 hours, take 30ml of Milk of Magnesia™. You can get this from your pharmacy without a prescription.

Problems to watch for

Call your surgeon, or call (416) 340-3155 and ask to speak to the General Surgery Resident or go the nearest hospital emergency department if the follow occurs:

- Excessive bleeding from the wound.
- Severe pain that does not get relieved with the pain medication.
- A fever of 38°C or higher.
- Excessive swelling of the hand or arm on the side of the surgery.

Follow-up appointment:

You should have a follow-up appointment with your surgeon 5 days after your surgery. Call your surgeon's office to make an appointment if one is not already made for you.

Doctor: _____

Date: _____

Time: _____

Location: _____

Clinic: _____

Special instructions for you

For more information visit our Website
at
<http://www.uhn.ca/>