

AFTER YOUR EXCISIONAL BREAST BIOPSY

Activities:

- After your discharge you may be up and around as much as you desire.
- Resume simple activities and avoid heavy lifting.
- Avoid vigorous activities until you have been seen in follow up.

Needle (Wire) Localization:

- This type of biopsy is performed when you have an abnormality seen on mammogram that cannot be felt.
- It is an outpatient biopsy that is done in two steps on the same day as the surgical procedure.
- One or more guide wires may be placed in your breast before the biopsy. These thin wires help mark the tissue that is to be removed.
- A mammogram or ultrasound is used to direct the wire's placement. Then you are taken to the operating room for surgery.
- The wire is removed during the biopsy.

Care for the incision:

- Bruising around the incision is normal and not a cause for concern.
- Apply ice to the site to lessen any discomfort and bruising that may occur.
- If you notice any bright red bleeding, apply pressure to the area and call our office immediately.
- Call our office if you develop any of the following:
 - Fever over 100 degrees
 - Cough
 - Pain in chest or calf
 - Shortness of breath
 - Increased pain, warmth, swelling or redness near the surgical site.
 - Drainage from the incision
 - Bleeding that soaks through the bandage
 - Nausea and vomiting
- If you do not have a drain you may remove the dressings and shower 24 hours after your surgery.
- If there are any white tapes (steri-strips) across the incision, leave them in place.
- Reapply a light gauze dressing if you wish.
- Do not disturb the sutures. We will remove them in the office at your post op appointment.
- You may apply an ice pack to the site to lessen any discomfort and bruising that may occur.

Diet:

- For the first 24 hour after your surgery, you may not have much of an appetite or feel able to tolerate heavy foods.
- We encourage you to keep up with your liquids.
- There are no dietary restrictions. Eat what your system can tolerate.

Medication:

- You may be given a prescription for pain medication. Take this as directed for postoperative pain.
- If you experience only mild discomfort, you may find that over the counter medication, such as Tylenol, Advil or Motrin may be all you need for comfort.

Follow-up:

- We will see you in the office 7 to 10 days after your surgery. Prior to your surgery, you should have made an appointment for your postoperative visit. If for some reason that appointment was not scheduled, please call our office at (703) 359-8640 as soon as you return home.
- A pathologist will examine your specimen and the final report will be available at your post-operative appointment.

PLEASE CALL US IF ANY PROBLEMS OR QUESTIONS ARISE. WE CAN BE REACHED ANY TIME, INCLUDING EVENINGS AND WEEKENDS, BY CALLING OUR OFFICE NUMBER (703) 359-8640.