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## BOULDER MEDICAL CENTER, P.C.

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### Department of Surgery

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### **Breast Biopsy**

While recovering from your surgery, please observe the following instructions:

1. Advance your diet slowly as tolerated. Drink plenty of fluids; at least six to eight 8oz glasses of water per day.
2. Take your pain medication as prescribed. You may use ibuprofen, 400-600mg every 8 hours, in addition to your prescribed medication if you do not have a history of ulcers or sensitivity to anti-inflammatory medications.
3. Apply an **ice pack** to the operative site of the breast if you had a lumpectomy (partial mastectomy) 20 minutes on/ 20 minutes off for the first 24-48 hours after surgery.
4. Narcotic pain medications can be very constipating.
  - a. Use a stool softener such as **Pericolace** or **Senokot** one to two times per day. They are available over the counter.
  - b. Once off narcotic pain medications, you may want to switch to **Citrucel** or **Benefiber**, 1-2 tbsp in 8 oz of juice or water one to two times per day.
  - c. If you are off narcotic pain medications and start to have loose bowel movements, you may discontinue the Pericolace, Senokot, Citrucel or Benefiber if you're taking them.
5. You may remove the dressing over the breast and axillary incisions (if applicable) within 48 hours after surgery and take a shower. If a drain was placed, replace the dressing around the drain exit site. **Do not** leave a wet dressing on—it will promote infection. You may leave the dressing on until your first post-op visit and sponge bath if the dressing remains dry.
6. If you had an axillary lymph node biopsy or dissection, limit activity on the operative side to no lifting, pushing or pulling. Do not raise the arm more than 90 degrees. Exercises can generally begin within 48 hours after the drain is removed. We will instruct you in these, or refer you to Physical Therapy when the drain is removed.
7. Please call if you experience fevers, chills, painful enlarging swelling around incisions, redness or streaking around incisions, or persistent bleeding.
8. If you have not already scheduled a post-operative appointment, please call our office to schedule this appointment 7-10 days after surgery. Your final pathology report will usually be available for review at that time.

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