

POST-OPERATIVE INSTRUCTIONS AFTER BREAST BIOPSY
PLEASE GO STRAIGHT HOME AFTER PROCEDURE.

1. Surgical vest or firm bra should be worn 24 hours a day for the first seven days. This may be removed for showering.
2. Shower can be taken the day after the surgery. The fluff dressing can be removed. Steri Strips should remain.
3. You may climb; however limit activity for the first 24-48 hours. Especially excess arm motion. Some motion is important. Try not to sleep on that side or in the prone position for the first week postoperatively.
4. You may apply ice to the area under the vest or bra periodically the first 2-3 days.
5. You will be given a prescription for pain medication. Take this as needed for the first 48-72 hours, if at all.
6. Bruising in the area is not unexpected.
7. Notify the office if you develop marked swelling, severe pain, redness, or swelling of the skin.
8. Make an appointment to come to the office in one week.

Date: _____ Time: _____ Patient: _____.

Nurse: _____.

Dr. Daniel Gay | General Surgeon



CAPITAL SURGICAL
A S S O C I A T E S