

DAVID I. KAUFMAN, MD, FACS
Board-Certified by the American Board of Surgery



Center of Excellence for Breast Care and Cancer

Preparations & Instructions for your Minor Procedure or Infusaport Insertion

Please familiarize yourself with the following information before and after your procedure. This will help ensure the best possible healing process.

- **Prior to the procedure:** Do not take Aspirin, Advil, Motrin, Aleve, Vitamin E, Alka Seltzer, Herbal Tea and all vitamins and supplements for at least one week. Coumadin, Plavix, Aspirin, or other medications that thin the blood must be stopped before the procedure with clearance and specific instructions from your medical doctor.
- **The day of the procedure:** Arrange for someone to drive you **to and from** the hospital. Wear a comfortable two-piece outfit.
- **Following the procedure/Wound care:** Leave the tape and gauze bandage on for 24 hours. If steri-strips are on the wound, **do not remove them for any reason.** After removal of the bandage, you may wash the wound normally with regular soap and water. Pat the area dry and apply a gauze bandage **ONLY** if needed or directed by Dr. Kaufman. Otherwise, you may leave the wound open to air. Change soiled or stained dressings regularly. You may experience some post-operative pain, soreness, twinges, pulling, throbbing or a burning sensation at or near the wound. Swelling, redness, black and blue, drainage and bleeding may appear at or near the wound and is expected and normal. **Notify our office immediately** if increasing redness, high fevers, massive swelling or large amounts of drainage or bleeding occur as this may indicate a problem or post-operative infection. **Do not use** heating pads, ointments, peroxide or creams on the wound. Restart all prescription medications and vitamins the day after surgery unless otherwise directed.
- **Pain Medication:** In most cases, Tylenol (Acetaminophen), 2 tablets every 6 hours, is sufficient for relief of discomfort (if not allergic). Take your prescribed pain medication as directed and **only if needed to control pain.** Avoid Aspirin, Advil, Aleve, Motrin, and similar medications.
- **Post-operative Activity:** Generally, you will be able to return to normal activity the day after surgery with some exceptions. **NO** driving, heavy lifting, bending or exercise unless cleared to do so by Dr. Kaufman. Use common sense. No driving or alcohol consumption if you are in pain or taking pain medication. **(No driving the day of the procedure.)**
- **Post-operative appointment:** Usually, no immediate post-operative visit is needed, so in most cases you will be given a follow-up appointment for 14 days.
- **Your Pathology Report:** The results are usually available within 7-10 business days. We will call you as soon as possible but will not leave a message or voicemail with results.
- **Questions or confusion:** Please call our office if you need further information or clarification.
- **Please be advised that during your hospital visit you may receive a portion of your care from an out of network physician i.e. Anesthesiologist, Radiologist, Pathologist, Cardiologist, Internist, or Physician Assistant.**
- I certify that these instructions have been fully explained to me. I fully understand the information and confirm that all of my questions have been answered to my satisfaction.

Name _____ Sign _____ Date _____ Time _____