Preparations & Instructions for your Lumpectomy,
Excisional Biopsy, Lymph Node Biopsy or Minor Excision

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

- **Prior to the Biopsy:** Do not take Aspirin, Advil, Motrin, Aleve, Vitamins 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 biopsy:** Arrange for someone to drive you to and from the hospital/office. Wear a comfortable two-piece outfit and bring a snug surgical or sports/jogging bra with you. The bra should not have an underwire, should provide compression, not lift and it should open both front and back (**Men should bring a snug undergarment i.e. Under-Armour shirt**).

- **Following the biopsy:** Leave the tape and gauze bandage on for 24 hours. After removal of the bandage, you may shower as usual. If steri-strips are on the wound, **do not remove them for any reason**. They will be removed at the post-biopsy visit. You need to wear the snug bra continuously for 2 weeks following the procedure. Discoloration, redness, black and blue, purple, mild discomfort, mild oozing, tenderness, swelling, lumpiness, deformity, hardness, etc. are possible. If excessive bleeding, swelling, or signs of infection are noted notify our office immediately. Apply ice packs to the breast and biopsy site for 24-48 hours as directed. Do not use heating pads, ointments, peroxide or creams on the wound. Restart all prescription medication 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). Avoid Aspirin, Advil, Aleve, Motrin, and similar medications. Use your prescription pain medication only if needed and as directed.

- **Activity:** You may resume many regular activities immediately. Avoid strenuous exercise, lifting and reaching for one week. You may return to work the next day unless otherwise directed. 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 surgical appointment:** Usually, no immediate post-surgical visit is needed, so in most cases you will be given a follow-up appointment for 10-14 days.

- **Your Pathology Report:** The results are usually available within 5-7 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 etc.**

- **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___________

Please visit our website at [www.breastcarespecialist.com](http://www.breastcarespecialist.com) to learn more about your procedure.

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