

POSTOP INSTRUCTIONS | HOSPITAL PROCEDURE

Breast biopsy/Lumpectomy/Sentinel lymph node biopsy [No Drains]

Medications (Do not take anything you know you are allergic to !!!)

- You may take Tylenol plain(acetaminophen) or Tylenol Extra Strength. Take dosages as directed on your bottle.
- You may take low dose aspirin(81mg) or NSAIDS (ibuprofen or Aleve or Advil) on their own or together with Tylenol as directed on your bottle.
- Do not take NSAIDS that are especially recommended for arthritis for the next 3 days. These are usually higher doses. Regular NSAID dosing may be done but can potentially lead to extra bruising or bleeding.
- A narcotic pain medication may be provided for stronger pain. Check to see if your narcotic medicine also contains Tylenol. Do not take more than the total recommended dose of Tylenol per day (24 hours). Local anesthetic/numbing medications will help to decrease the amount of pain medicine needed.
- Resume your routine medications unless instructed otherwise.

Blood thinners

- Do NOT stop taking Plavix, Coumadin (Warfarin), Fragmin, or other oral or injectable prescription blood thinning medications. If you are on one of these, Dr. Sharpless will coordinate with the doctor who put you on this blood thinner for the proper timing for stopping the medicine before surgery and when to start back on the blood thinner after surgery.

Diet

- Resume regular diet as tolerated
- Increase fluid intake to 6-8 glasses daily for at least one week. Limit caffeine products.

Activity

- If sedation was used during your biopsy, DO NOT drive or operate dangerous machinery for 24 hours.
- Avoid vigorous activity especially with the upper body or lifting more than 10 lbs for 24 to 48 hours, sometimes up to one week.
- Resume normal activities in 24 hours. Your body will tell you if you are overdoing it- then please take it easy and rest.
- Remove outer gauze bandage/binder if you have one and shower tomorrow. Pat the incision areas dry- do not rub.

- Do not submerge the incisions underwater until your doctor tells you it is all right.
- Keep SteriStrips or the single Prineo tape for 7 days if you are not having a skin reaction to them. Trim the ends as the strips/or tape curls up. If removing the strips/tape, do it slowly in the direction of the cut. Call the office if you are unsure what to do.
- Wear a supportive bra or binder for at least 2 to 3 days and nights after the surgery to decrease tension on the stitches and to be more comfortable. You can choose to wear your garment longer if you want but you should at least wear it 24 hours.
- Apply an ice pack on and off for 15 to 30 mins at a time as often as every 1-2 hours for relief of discomfort. This feels best the first 3 days and then alternating with heat to the area may feel better. Take care not to burn the skin.

Reactions to expect

- Swelling at all incision sites- will take days to go away
- Minor to moderate discomfort includes shooting pains, aching, some possible skin numbness
- Small amount of possible blood tinged or clear yellow drainage from the incisions
- Bruising especially in your breast area for at least one week; more bruising is seen if you have been on prescribed blood thinners.
- Fevers even over 100F in the first 3 days after surgery are from your lungs not being completely expanded. To make your temperature go down to normal, get up walk around, deep breathe and cough. This will help expand your lungs.

Notify Dr.Sharpless if you have any of the following

- IF YOU CANNOT REACH DR. SHARPLESS, THEN GO TO THE NEAREST EMERGENCY OR URGENT CARE IF YOU FEEL YOU NEED IMMEDIATE ATTENTION.
- Severe pain
- Blood draining from the wound
- Area of surgery is a lump that is getting bigger and bigger over a few hours
- Fever over 100.5 after 3 days
- Shaking chills
- Ongoing nausea/vomiting
- New rash
- Any other symptoms you are worried about
- Shortness of breath or fainting, severe allergic reaction- call 911, go to the nearest ER then call Dr Sharpless

Follow Up

- Call Dr. Sharpless with any concerns or questions.
- Dr. Sharpless will call with your final pathology report in about one week. If you have not heard in that time, call the office. Delays in your report can happen due to more intense or extensive analysis needed – this is so that the most accurate report is obtained. We understand that waiting for the results can be very stressful. Please be patient. Thank you.
- Call the office to schedule an appointment in 1 to 2 weeks. You will be given a copy of your pathology report at your followup visit.