

When do I need to get help?

Contact the Breast Health Clinic or your family doctor **right away** if you have any of the following:

- bleeding from the site of the incision
- large swelling of the breast
- redness and warmth of the skin around the site of the incision
- foul smelling fluid coming from the site of the incision
- pain in the breast that gets worse or does not go away with pain medicine
- a fever over 38.5°C (101.3°F)

If you cannot get in touch with your doctor or the clinic, go to your nearest Emergency Department.

It's good to ask questions

If you have any questions, please call the Breast Health Clinic.

We are here to support you!

Breast Health Clinic
Jim Pattison
Outpatient Care and Surgery Centre
9750 - 140th Street
Surrey, B.C.
604-582-4563



Care after a Surgical Breast Biopsy

Jim Pattison
Outpatient Care and Surgery Centre

Monday to Friday
8:00AM to 4:00PM

604-582-4563

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

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How do I care for myself at home?

Your breast will be sore for the next few days. You will see some bruising over the next 2 to 3 days. This is all normal and should go away within a few days.

For the **first 24 hours** after the biopsy:

- Wear a supportive bra. You can wear a bra to bed if it is more comfortable.
- Place an ice pack over your bra for 10 to 15 minutes at a time.

If you do not have an ice pack, you can use a small bag of frozen peas. You can reuse the bag of peas but you cannot eat them after using them as an ice pack.

Never place the ice pack directly on your bare skin. It can cause frost bite.

- Take pain medication as directed by the doctor.

If you do not want to take the stronger pain medication you can take regular acetaminophen (Tylenol or store brand). Follow the instructions on the bottle.

For **3 days** after the biopsy:

- **Do not** take ASA (Aspirin) or ibuprofen (such as Advil or Motrin). These medicines can cause bleeding.

How do I care for the incision?

Leave the bandage in place for _____ days.

Keep the bandage clean and dry.

Take a sponge bath. **Do not** shower or bath until it is time for the bandage to come off.

The thin paper adhesive strips covering the incision will fall off on their own, usually within 4 to 5 days. If a strip gets loose, remove it gently.

The stitches used to close the incision dissolve on their own. They do not need to be removed.

If you are given a prescription for antibiotics:

- Fill the prescription as soon as possible.
- Take antibiotics exactly as instructed.
- Take all the pills until they are all gone.

What activities can I do?

You can usually return to your regular daily activities.

You can return to work the same day as the biopsy unless the work you do includes heavy lifting.

For at least one (1) week:

- **Do not** lift more than five pounds with your arm on the biopsy side.
- **Do not** do any exercise classes or sports.

When do I get the results?

We give you an appointment to return to the Breast Clinic in 7 to 10 days. Your surgeon talks with you about your results at that time.

