

PATIENT INSTRUCTIONS LUMPECTOMY/BREAST BIOPSY

FOLLOW-UP: Please make an appointment with your physician in 1-2 weeks.
5050 NE Hoyt St, Suite 610
Portland, OR 97213
(503) 467-4761

Call your physician immediately if you have any fevers greater than 101.5, drainage from your wound that is not clear or looks infected, persistent bleeding, or increasing breast pain not relieved with pain medication.

WOUND CARE INSTRUCTIONS: Keep a dry clean dressing on the wound if there is drainage. The initial bandage may be removed after 48 hours. Once the wound has quit draining you may leave it open to air. If clothing rubs against the wound or causes irritation and the wound is not draining you may cover it with a dry dressing during the daytime. Try to keep the wound dry and avoid ointments on the wound unless directed to do so. If the wound becomes bright red and painful or starts to drain infected material that is not clear or slightly blood-tinged, please contact your physician immediately. If the wound is mildly pink and has a thick firm ridge underneath it, this is normal, and is referred to as a healing ridge. This will resolve over the next 4-6 weeks. You may want to wear a sports bra post-operatively to give some additional support as well. Please avoid sun exposure to your wound for a year as this can cause the scar to become more prominent.

DIET: You may eat any foods that you can tolerate. It is a good idea to eat a high fiber diet and take in plenty of fluids to prevent constipation which can commonly be caused by prescription pain medication. If you do become constipated you may want to take a mild laxative or take ducolax tablets on a daily basis until your bowel habits are regular.

MEDICATIONS: Try to take narcotic medications and anti-inflammatory medications, such as tylenol, ibuprofen, naprosyn, etc., with food. This will minimize stomach upset from the medication. Should you develop nausea and vomiting from the pain medication, or develop a rash, please discontinue the medication and contact your physician. You should not drive, make important decisions, or operate machinery when taking narcotic pain medication.

If you had a sentinel lymph node biopsy, you were given a blue dye during the operation. This can cause your urine to be blue or green for several days after the operation. Do not be alarmed if your urine is blue or green. It will return back to normal after a few days.

QUESTIONS: Please feel free to call if you have any questions. Your pathology results will likely not be available for at least 3-4 business days, depending on the pathology lab. The results will be discussed with you at your follow-up appointment.

Instructions given by: _____ Date: _____

Patient Released to: _____