

POST OPERATIVE INSTRUCTIONS

(Lumpectomy/Excisional biopsy)

Dressing/Wound Care

Your incision is closed with absorbable sutures and steristrips (white tapes).

On top of this is gauze and an ACE wrap.

When you get home you can use the ACE wrap or switch to a supportive bra (like a sports bra). Please try to wear this all day and all night. By minimizing movement of your breast and providing compression to the surgical area, you will have less pain.

It is ok to shower in 24 hours. It is ok to let water run over top of the incision and steristrips, but do not scrub at the incision. Pat the incision dry with a towel.

Do not submerge your incision underwater- No tub bathing or swimming for 2 weeks.

The steristrips will start to flake off in about 1 week. This is ok. Please avoid placing ointments/creams directly on the incision for 1 week.

You may notice some bruising at your surgical site. This is normal.

It is ok to apply ice for comfort, just make sure the ice is not applied directly to the skin (use a cloth or towel to make a compress). The skin may be slightly numb/less sensitive, so be very cautious when applying anything in extremes of temperature.

Activity

Take it easy for the first 48 hours. It is ok to walk and take stairs, but minimize strenuous activity, pushing and pulling. After 48 hours, limit lifting for the next 2 weeks- nothing more than 10lbs/the weight of a jug of milk.

Medications

You have been provided a pain medication prescription. This can make you drowsy, do not drive while taking this medication. If over the counter medications, like Tylenol, control your pain – do not feel obligated to take the prescription medication.

If you have any concerns Dr Burgers or Dr Casey can be reached any time at **954-772-6700**

You have been scheduled a follow- up appointment on: