



Barry S. Rosen, MD, FACS
David P. Ondrula, MD, FACS, FASCRS
Gia M. Compagnoni, MD, FACS
Hsin-Yi Chang, MD

Phone: 847-381-8161

Fax: 847-381-8167

General, Laparoscopic, Colorectal, Bariatric, and Oncologic Surgery

GUIDELINES FOR YOUR RECOVERY FROM BREAST BIOPSY

- 1. PAIN CONTROL:** IT is not uncommon to have discomfort over the first 2-3 days after your operation. You will be prescribed a NARCOTIC pain medication to help control this pain (Vicodin, Narco, Darvoset, etc.). While this medication can be quite effective, it often causes unpleasant side effects including nausea, light-headedness, constipation, etc. Therefore, it is best to limit these medications, and as an alternative, we encourage you to use an ANTI-INFLAMMATORY (either Aleve, Naprosyn, Advil, Motrin or Ibuprofen). These medications can be very effective for controlling your pain as long as you don't have any sensitivities to these medications, or any interactions between this class of medication and any of your current medications. We suggest you use this medication "around the clock" for the first 4-5 days, following the dosing guidelines listed on the over-the-counter bottle. If necessary, you may take both the NARCOTIC and the ANTI-INFLAMMATORY together.
- 2. WOUND CARE:** Your incisions are closed with absorbable suture covered with special glue that is waterproof. Gauze will be placed over your incisions and held in place by a "breast binder"—a cotton tube top that Velcro's up the front. You may shower or bathe as soon as the first day after surgery. After your first shower, wear either the binder, your regular bra or a sports bra—whatever is most comfortable. Some women find it comfortable to wear something at night. Expect some swelling and bruising around your incisions, this will resolve over a few weeks.
- 3. ACTIVITY:** Please continue your "activities of daily living" with your operated arm. But refrain from lifting more than 15 lbs for the first week. Most patients can drive within a few days after surgery, as long as you have not used any narcotic pain medication for 48 hours.
- 4. DIET:** There are no restrictions after surgery, although some people may experience nausea from the anesthesia and/or pain medication.
- 5. RETURN TO WORK:** Everyone's recovery and job is a little bit different—therefore, we like to tailor our recommendations around your specific situation. In general, if you have a "desk job" you may return to work in a few days. If your work requires significant lifting, you may be cleared for "light-duty" in 5-10 days, but may not return to full activity for 3 weeks. We will complete all necessary paperwork for your work to justify this time off. Please contact our clinical staff to help assist with this process.
- 6. TRAVEL:** We recommend no airline travel for 2 weeks after surgery.
- 7. POST-OPERATIVE CARE:** Please contact our office to arrange for an office visit _____ weeks after surgery. Our clinical staff is available Monday-Thursday 9am to 5pm and Friday 8am to 4pm to answer any questions. In the event of an emergency, our physicians are available 24/7.