

Breast Biopsy After Care Instructions

It is normal to experience tenderness and bruising after a core biopsy, lumpectomy, and mastectomy. However, the below instructions should help to minimize any discomfort –

Confirm your postoperative visit 10 days after surgery.

- The gauze bandage should be removed only after 48hr leaving steri-strips in place.
- The area need not be covered. But it is significant to keep the area clean and dry.
- You may shower after 48hrs and make sure to dry the area after showering.
- Do not swim or keep yourself immersed in water for a longer time.
- Do not engage in strenuous activities for the next 24-48hrs involving movement of the chest and arms.
- Do not exercise for the next 14days.
- Always take a soft and light meal an evening after surgery. You can resume a normal diet in a couple of days.
- Wearing a comfortable bra without underwire bras will reduce uneasiness.
- Continue to take medication as directed. Usually, painkillers cause constipation or acidity. Hence, they should be taken with food or as suggested by the doctor.
- In case of repeated constipation, you can take a stool softener medicine.

Contact Us If:

- You have developed unusual symptoms which may include redness, tenderness, etc.
- If you have any questions related to your treatment.