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Recovery/Post-operative Instructions  
**Before and After Care For Breast Biopsy or Cyst Aspiration**

**If you smoke, consider quitting to support wound healing and recovery.**

## **BEFORE**

- You **can** eat and drink before the procedure
- Wear a button front shirt and a sports bra that hooks
- You **can** drive yourself
- No Aspirin, Fish Oil Vitamin E, NSAIDS for 10 days prior to biopsy
- If you take Eliquis, Pradaxa, Xarelto - talk to the prescriber of the medication for how to stop before the procedure
- If you take Coumadin/Warfarin - talk to the prescriber of the medication for how to stop before the procedure and ensure your INR is 1.5 or less

## **AFTER**

- Wear a tight, supportive bra with no underwire for the next 48 hours to reduce movement of the breast
- Do **not** shower or bathe for **24 hours after the procedure**
- Mild discomfort and some bruising is **normal**

### **Showering/Bandages -**

- Remove the gauze the next morning, but do NOT remove the steri strips - they will fall off on their own in about a week and you can shower.
- You do not need to recover the area, but can if you want.

### **Pain relief -**

- Use Tylenol for the first 48 hours (call the office if there is no relief).
- Use an ice pack inside the bra, off and on for 4-5 hours. 10 minutes on and 10 minutes off

### **Restrictions -**

- No heavy lifting, pushing, pulling greater than 10 lbs for 48 hours
- No strenuous exercise for 48 hours
- No soaking in the ocean, pool or tub for 2 weeks

**CALL 561.333.1335 IF YOU HAVE:** (After hours/weekends, speak to the on-call doctor)

- Fever >101.5°F
- Chest pain or trouble breathing
- Redness >¼", drainage, bleeding, or pus at incision
- Worsening incision pain, swelling
- Breast Swelling
- Any other concerns about your recovery

### **FOLLOW-UP**

Call our office to ensure you have an appointment 7-14 days after the procedure