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Recovery/Post-operative Instructions
Excisional Biopsy/Lumpectomy

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

DIET & BOWEL CARE

Resume bland, non-greasy, non-spicy foods in small portions the day of surgery. Drink plenty of fluids (water, juice, broth, sports drinks). To prevent constipation, start Colace (Docusate Sodium) 100mg twice daily the day before surgery; stop after your first bowel movement. **TAKE WITH 12 OZ COLD WATER** If no bowel movement in 2–3 days, use a Fleet Enema. **NO STIMULANT LAXATIVES**

MEDICATIONS

Pain: You may receive narcotics (e.g., Percocet, Oxycodone, Ultram, Vicodin, Tylenol with Codeine) and an anti-nausea medication.

- *Do not drive or drink alcohol while taking narcotics.*
- Take with food to reduce nausea. Benadryl may help with itching (if no rash).
Regular Meds: Resume your regular medications the evening after surgery or next morning unless told otherwise. Finish any prescribed antibiotics.

WOUND CARE

Keep dressings clean and dry for 48 hrs (no showering). After 48 hrs, remove gauze and shower gently—pat dry.

- No tub or pool soaking for 2 weeks
- Steri-strips: Leave on until they fall off
- Skin glue: Do not scrub—will wear off in ~1 week
- Drains: If placed, you'll receive care instructions
- Ice: Apply over incisions for first 48 hrs (10 min on/off while awake)
- Bruising, tenderness, numbness, and twinges are normal and may last several months

BRA SUPPORT

Wear a soft, non-underwire bra 24 hrs/day (including sleep) for 6 weeks, removing only to shower or wash the bra. This reduces swelling and supports healing.

ACTIVITY

Walk several times a day to improve circulation and recovery. Light walking and stairs are okay.

- No lifting/pushing/pulling >5 lbs, no aerobic exercise, no sexual activity until cleared at follow-up
- Return to work/school when ready, with restrictions
- No driving for 72 hrs or while taking narcotics

CALL 561.333.1335 IF YOU EXPERIENCE: (After hours/weekends: ask for the on-call doctor)

- Fever >101.5°F
- Chest pain or difficulty breathing
- Redness >¼", drainage, pus, or bleeding from incisions or IV site
- Worsening incision pain
- Hematoma: Sudden swelling, firmness, and sharp pain in the breast may indicate bleeding under the skin—call immediately
- Any other concerns about your recovery

FOLLOW-UP VISIT

Call 2–3 days after surgery to schedule your follow-up (approx. 10 days post-op).

Contact us anytime with questions: 561.333.1335