Notify the Doctor or Go to the Emergency Department if any of the following happens:

- Persistent bleeding (not stopped by applying direct pressure)
- Chills and/or fever of 38.5°C or 101.3°F or higher
- Pain not relieved by prescribed medication or pain that gets worse a few days after surgery
- Persistent nausea and vomiting
- Wound redness, pus-like (yellow or green) drainage or increasing swelling at the incision

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The information in this document is intended solely for the person to whom it was given by the health care team.

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General Information

This procedure is done in the Operating Room, with sedation or general anesthetic. A small cut or incision is made in the skin of the breast, and local anesthetic is often used. The breast lump is removed and sent to the hospital lab for diagnosis. It takes at least several days for your doctor to receive the results. Your doctor will give you the results at your follow-up appointment.

Important Points in Treatment

Bleeding/Swelling
If bleeding occurs, apply firm steady pressure over the area for 10–15 minutes or until the bleeding stops. You can expect a little spotting of blood from the incision, along with some very mild swelling.

Dressings
Keep the dressing clean and dry. You may remove the dressing in 48–72 hours. There may be some bruising around the incision, which is normal.

Bathing
Once you have removed the dressing, it is okay to get the incision wet in the shower then pat dry, but do not soak the incision (tub bath) until it is completely healed.

Pain
- Take your pain medicine as soon as you begin to feel pain or discomfort. Do not take your pain medicine more often than it’s been ordered.
- Apply a covered ice pack over the surgical area for 10–20 minutes every 2–3 hours to help reduce pain. Do not put ice in direct contact with the skin. A plastic bag containing ice cubes, then placed in a pillow case works well.
- Do not drink alcohol while taking pain medication.

Diet
- A well-balanced diet is important for wound healing.
- Include high fibre foods and plenty of fluids in your diet to prevent constipation, especially if taking narcotic pain medicine, for example Tylenol #3. High fibre foods include whole grain breads, bran cereals (All Bran, Bran Buds, Fruit & Fiber), fruits (prunes, raisins, dates, bananas, apples), vegetables (broccoli, corn, beans, potatoes), and beans and legumes such as lentils.

Activity/Exercises
Take it easy for the remainder of the day of surgery, then resume your normal activities as you’re able. There are no restrictions.

Follow-Up Appointment
Contact your surgeon’s office to arrange for a follow-up appointment.