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**BREAST SURGERY  
POST OPERATIVE INSTRUCTIONS**

PATIENT NAME: \_\_\_\_\_

Notify Dr. Berlin of any elevated temperature of greater than 101, excessive pain, bleeding or swelling.

If pain medication has been prescribed, take with food. Resume routine medications and diet. NO Metformin (Glucophage) for 48 hours post-op

**BREAST BIOPSY**

1. Leave dressing in place for \_\_\_\_\_ days, then replace with a light dressing daily. If a clear bandage is present, Do NOT remove it unless it comes off on its own. Wear a good supportive bra.
2. Do not wet the incision site for \_\_\_\_\_ days; afterwards you may shower or wash lightly. If skin tapes or skin glue are present leave intact if possible.
3. Apply ice (in a facecloth) to post-op area for 24 hours post-op.
4. Avoid heavy lifting or activity that may cause any bumping into the chest area for 5-8 days post-op.

**MASTECTOMY/LUMPECTOMY**

1. Leave dressing in place for \_\_\_\_ days. Afterwards, change daily with dry gauze bandage and use a mastectomy bra or 6" Ace bandage moderately tight (Do not restrict breathing).
2. Empty J-P Drain every 8 hours and record amounts separately. Call the office on \_\_\_\_\_  
And tell amounts obtained.
3. Use \_\_\_\_ arm minimally in order to avoid fluid collection at incision site. You may use a sling.

FOLLOW-UP APPOINTMENT ON \_\_\_\_\_ AT \_\_\_\_\_