**Breast Biopsy or Lumpectomy Postop Instructions**

Please note that these are generalized postoperative instructions.  Each surgical procedure and postoperative recovery are unique.  If you were given directions following surgery that differ from the ones stated below please follow the directions you were given after your surgery.  Please contact the office if you have any questions or concerns at (479) 705-2310.

You may return to a normal diet as you recover from anesthesia. Some people may have slight nausea after anesthesia so it is recommended to eat light meals in the hours following your surgery and return to regular diet the following day.

You may not operate a vehicle for 24 hours following anesthesia.  After that you may drive when you are not under the influence of pain medication, can wear your seat belt, can turn from side to side to check mirrors and blind spots and have the strength to control the vehicle.

Following procedures including excisional biopsy and lumpectomy the breast tends to remain sore for a longer than expected time period.  During this time wearing a supportive bra can help reduce this pain. You may also apply a warm or cool compress for pain depending on your preference. You should try one and then the other to decide which feels better for you.
The breast also tends to bruise and this bruising may appear around the surgery site or on the lower portion of your breast, even if this was not the area of surgery.  This will resolve 1-2 weeks following surgery.

Typically sutures are placed under the skin and the skin covered with a surgical glue adhesive. This adhesive will peel off in 1-2 weeks. You may shower and get this wet 24 hours after surgery. Wash with warm soapy water and do not use alcohol or hydrogen peroxide to clean with.  Once the glue starts to peel up you may trim away any corners or use Vaseline to help the glue release from the skin.  Peeling or picking the glue off early may cause bleeding and larger scaring.  Once the glue is gone you may apply any topical product you like, including creams, lotions or ointments.

Pathology results are generally back 5-7 business days after your procedure. We will notify you when the pathology results are in and schedule you for a follow up appointment to review them.  If you had a lymph node removed these can sometimes take longer for results and may be 14 days before a pathology result is received.