

# Care of Your Incision After a Breast Biopsy

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*The goal for care of your incision is to prevent an infection.*

- Keep the bandage area clean and dry for the first 48 hours after surgery.
- Remove the bandage 48 hours after your biopsy.
- Small pieces of tape (Steri-Strips®) will cover the incision. Leave them in place until your first postoperative visit.
- You may shower after you have removed the bandage. Water and soap may run over the Steri-Strips.
- Rinse well using a gentle stream of water.
- Pat the incision dry.

*Inspect the incision in front of a mirror.*

You may notice:

- Slight redness.
- Swelling.
- Tenderness.
- Some slight blood staining on the Steri-Strips.
- Black and blue discoloration.

These are normal effects of surgery and may last a few days.

*Comfort Measures*

- Take your pain medicine as needed.
- Wear a bra for comfort and support when you are awake. You do not have to sleep in a bra, but may do so if it is more comfortable than sleeping without one.
- Apply an ice pack for 15-20 minutes every 2 hours for the first couple of days. Place the ice pack in a plastic bag and wrap it in a paper towel. This is to prevent burning.

*Special Point*

- Call your doctor for a follow-up appointment.

***Call Your Doctor If You Have Any Questions, Or If You Notice:***

- Increasing redness or pressure.
- Skin that is hot to the touch.
- Drainage from the incision.
- A temperature above 100° F (37.8° C).

Doctor: \_\_\_\_\_

Telephone: \_\_\_\_\_

Nurse: \_\_\_\_\_

Telephone: \_\_\_\_\_

After 5 p.m. or on the weekend, call (212) 639-7900 and ask for the breast fellow on call.

