

## **Surgery Center of Pinehurst Home Instructions after Breast Biopsy**

### **Activity:**

You may resume your normal activities as soon as you are able.

### **Medications:**

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Please do not drive a car or operate machinery as long as you are taking narcotics.

Upon discharge, a medication reconciliation sheet of all your current medications will be given to you and reviewed with you by the Surgery Center of Pinehurst.

### **Care of Dressing:**

If your incision is covered with a clear covering called Derma Bond, it will require no care. You may shower in the am. Wear a sports bra continuously until seen in the office.

### **Ice:**

Apply ice for short 20 minute intervals as needed to reduce swelling and bruising.

### **Appointment:**

Please keep your scheduled appointment. If your scheduled appointment is inconvenient for you, please call my office and we will reschedule you for a more convenient time.

**Please call my office at 295-0882 if you have any questions or problems.**

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**Dr. Raymond Washington**  
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