

**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 295-235-9778 if you have any questions or problems.

**Dr. Sanders
Office: 910-235-9778**