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## **Patient Instructions**

### **EXCISION OF BREAST TISSUE**

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You have just undergone surgery for removal of a breast mass. The pathologist has looked at the tissue. It looks non-cancerous on the preliminary tests. Final examination will be done on the tissue in approximately five to seven days and a final report will then be issued by the pathologist. **You will be informed of the results in your follow up visit.**

At surgery, a portion of your breast tissue was removed through an incision in the skin. This incision had been closed with dissolving stitches and a heavy dressing applied.

Tomorrow you **must** remove this dressing and clean the operative site with hydrogen peroxide and cotton or gauze sponges. If there are tape strips across the incision, try to leave them in place. Redress the incision with dry gauze sponges and hold them in place with a tight bra. You may use adhesive tape if needed, but after a while, it tends to irritate the skin. We would like you to wear a fairly tight bra for the next week, as this reduces motion and thereby reduces pain and promotes better healing. You should even sleep in a bra.

You may begin showering normally starting the day after surgery. Pat the area of the incision dry and follow the dressing instructions above.

Please call my office and make an appointment to see me in approximately a week to ten days to check the operative site and discuss the results.

You will be given a prescription for pain medicine to take home. You may take this medication as often as every four hours if you need it. Some patients do not have very much pain following this surgery, and if you do not, it is not necessary to get this prescription filled. Plain Tylenol or Advil may be adequate.

If you have any problems regarding the surgery, or what to do after it, please feel free to call my office. Otherwise, **I will expect to see you in 7 to 10 days for follow-up.**