



Department of Surgery

Breast Biopsy or Lumpectomy Discharge Instructions

Pain

- Soreness and mild pain after surgery are common
- Taking prescription for pain medication should minimize discomfort
- Take your pain medication with food to prevent stomach upset
- Contact your doctor immediately if pain is not relieved by medication
- You can apply an ice pack for 20 minutes of every hour for the first 24-48 hours
- Wearing a support bra or sport bra without underwire may be more comfortable

Activity

- Do not lift more than 10-15 pounds
- Do not engage in strenuous activity
- Take short walks several times a day to prevent blood clots and constipation and to relieve soreness
- Do deep breathing exercises to keep lungs clear and prevent pneumonia
- Your doctor may have provided special exercises to perform with your operative arm after surgery

Diet

- Begin slowly with clear liquids such as ice chips, jello, tea, Gatorade and broth
- Carbonated drinks such as Sprite or ginger ale can make you feel bloated
- If you are tolerating liquids, continue to solid food
- Avoid fatty and spicy foods until your appetite returns
- Contact your doctor if you have severe, persistent nausea and vomiting

Digestion

- Constipation is common after surgery because of inactivity and pain medication
- Walking, drinking liquids, and eating a healthy diet rich in whole grains, fruits and vegetables will help prevent constipation
- Take a mild over-the-counter stool softener or laxative if constipation lasts two to three days

Drain

- Follow additional instructions on how to care for your drain

Remember to wash hands to prevent the spread of germs.

You will receive a follow-up phone call in one to three days after surgery from the Outpatient Recovery department.

If you receive a survey in the mail, please complete it and let us know how your experience was at Greenville Memorial Hospital. We always strive to provide very good care.

Thank you for choosing us.