



Dr. Andy Higgins

breast & general surgeon

SPECIAL CARE IS OUR PRACTICE.

POST OPERATIVE HOME CARE INSTRUCTIONS OPEN BIOPSIES

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DRESSINGS:

- ❖ You may remove your Opsite (clear adhesive) and telfa (non-adhesive gauze) on post operative day 2. You will have absorbable sutures under the skin and steri-strips (small paper tapes) over the incisions. If you have steri-strips over the incision line, leave them in place. You may shower as usual at this time, but avoid submerging the incision. Pat your incision line dry and leave open to air.
- ❖ You may cover your suture line with a Band-Aid or sterile gauze dressing for your comfort.
- ❖ You may rub Vitamin E on your incision once or twice a day, once the steri-strips are removed. The rubbing is more important than what you rub on it.

MEDICATIONS:

- ❖ Take Extra Strength Tylenol or Advil for discomfort (if not allergic).
- ❖ If you have been given a prescription for pain medication, use it as directed for your comfort. Start to wean off on post operative day 2. Please discontinue as soon as discomfort of surgery is tolerable. The narcotics might cause constipation or drowsiness. Taking a stool softener twice daily may help you avoid constipation. You may purchase Colace or other stool softeners over the counter. Ask your pharmacist.
- ❖ Avoid driving a car or operating heavy equipment while using the narcotic pain medications.

OTHER INSTRUCTIONS:

- ❖ **Someone must drive you home and be with you for the first 24 hours after your operation.**
- ❖ Place an ice pack (frozen popcorn kernels work great) over the Opsite and Telfa dressing for 20 minutes out of every 2 hours while awake for the first two days following surgery. This helps with pain and swelling.
- ❖ Protect your skin from frostbite with a washcloth or the bag wrap you received at the surgery center.
- ❖ Avoid strenuous activity today. You may resume your normal activities within moderation tomorrow.
- ❖ Avoid strenuous or repetitive movements for 7 days.
- ❖ Avoid lifting over 10 pounds for next 7 days.

Please call your physician if you are having any of the following symptoms:

- Excessive swelling or redness around the incision site.
- Excessive swelling of the affected arm or leg.
- Pain that is not relieved by your pain medication(s).
- Signs of infection (increased pain, redness, and temperature of 101°F or greater)
- Excessive or bright red bleeding. If bleeding comes through dressing, apply pressure for 10 minutes. If bleeding persists, contact your physician.

The office phones are answered 24 hours a day and a doctor is always available. The office staff is available to schedule appointments and handle non-emergent calls from 8:00am to 5:00pm Monday through Friday. 541-749-7000.

For urgent help after hours and weekends please call 541-385-5870.

Andrew Higgins, M.D.

Date

REVISED 11/24/2009

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