

AFTER LUMP EXCISION WOUND CARE INSTRUCTIONS

ACTIVITY:

- You can return to a full-time work schedule. No heavy lifting (>10 pounds) for 3 days.

DIET:

- No dietary restrictions

INCISION CARE:

- Please keep your wound dry until tomorrow morning then it is fine to shower. No bathtub for three days. Keep the pressure dressing intact until tomorrow and then you can remove it. No need to replace with another cover or bandaid. Treat the area like the rest of your skin.
- A small bruise, slight swelling, and/or mild pain at the biopsy site is very common. You can use acetaminophen (brand name=Tylenol) or a non-steroidal anti-inflammatory medication such as ibuprofen, Advil, Alleve, Motrin, etc. You can also apply ice if it makes the area feel better.
- You may also experience a mild itching sensation as the wound heals. This is also normal and should subside in a few days.
- You should call if you think the wound is infected (high fevers, drainage of pus, red streaks around the skin). Please call if you have any other symptoms that worry you.
- Your biopsy results are generally available in a week. Please call me at 617-643-7935 if you have not heard from me by then.

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