



## Tampa Bay Breast Care Specialists, LLC

John Myrrh Cox, M.D., Surgical Oncologist

3000 Medical Park Drive, Suite 140

Tampa, FL 33613

Phone: (813) 978-8315 Fax: (813) 600-6962

<http://www.tampabreastcare.com>

### Excisional Breast Biopsy

An excisional breast biopsy is an outpatient surgical procedure that removes a specific area of tissue from your breast that we screen for malignancy. Here is some general information on how to prepare for your procedure and what to expect.

#### *Preparing for surgery day:*

- Make sure you have someone that can drive you home after surgery.
- Refrain from eating or drinking anything after midnight before your surgery, unless otherwise specified by your doctor.
- We suggest wearing clothing that is loose and comfortable, as well as a sports bra or front closure bra.

#### *At the surgery facility:*

- You will have a designated time to arrive at the surgery center to check in and go through a preoperative assessment before your scheduled procedure.
- The procedure typically lasts an hour. The doctor will come out to speak with your party to let them know how you are doing afterwards.
- You should be released within 24 hours unless your physician deems otherwise.

#### *What to expect after surgery:*

- You will need to come in for a post-operative evaluation. Call the office to make this appointment after you come home from surgery.
- We receive results between 3-5 business days after surgery. Your doctor will go over your results during your post-operative visit.
- Write down any questions you come up with so you can discuss them with your doctor during your post-operative visit.

#### *About your wound:*

- You will have a waterproof bandage over your incision which you should not remove until you have permission.
- We suggest that you wear comfort support or sports bras at all times for two weeks after your procedure.
- You should be able to take a shower the day after surgery, but consult with your doctor or his staff to confirm.
- It is normal to have a small amount of bleeding, swelling and bruising at the site.
- Try not to cause any trauma to the surgical site for at least one week after surgery.
- Pending on the type of surgery, you should be able to resume normal, non-strenuous activity the day after your surgery. You should wait until after you see your physician to make sure you can go back to aerobic or strength exercise.
- On most occasions, the only type of pain medication you need would be Tylenol, but the physician may prescribe you pain medication as well.
- If you decide to take prescription pain medication, you may add one regular-strength Tylenol. DO NOT exceed one Tylenol, since this is a popular prescription pain ingredient and we do not want you to overdose.
- Please be advised that taking prescription pain medications can alter your judgment and you should refrain from operating heavy machinery.

---

### *Authorization of Procedures and Billing*

When we schedule your surgery, we will call your insurance company to verify coverage and get authorization. If we have any issue obtaining authorization, we will call you immediately. If you decide to pay out of pocket or if your insurance does not cover, our billing department will give you an estimation of how much your procedure will cost, as well as make payment arrangements. We are only responsible for the billing of the surgery our surgeon performs, so keep in mind that depending on the complexity of your situation, you may receive bills from the surgical facility where the surgery takes place, the radiologist, and the pathologist, just to name a few.

You should contact our office if you experience any of the following:

- You have a fever over 101.5 during the first week after surgery.
- Your wound feels tight and you are experiencing extreme pain.
- Your breast is extremely bruised other than around the surgical site.
- You are experiencing excessive nausea and/or vomiting.
- Blood continues to leak from your dressing. While you are trying to contact us, use a towel to hold firm pressure on your wound.

If your situation becomes a life-threatening or emergency situation, please call 911 or go straight to the Emergency Room. Please notify us so we may assist you and care for your needs.