



# Surgical Breast Biopsy Operating or Procedure Room

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## Definitions:

**Anesthesia:** The loss of feeling or sensation as a result of drugs or gases. "Local" anesthesia numbs only a specified area. "General" anesthesia causes loss of consciousness (puts you to sleep).

**Biopsy:** A procedure in which tissue samples are removed from the body for examination under a microscope to find out if cancer or other abnormal cells are present.

## Goal of Procedure:

A breast biopsy is performed when a physician feels a lump and determines that it should be removed and evaluated under a microscope. If a breast abnormality cannot be felt, then the biopsy is performed with assistance from radiology (see "Wire Localization Biopsy" fact sheet).

## Overview of Procedure:

The procedure is done in the operating rooms of University Hospital or the Cancer Center. In most cases, your surgeon will use a "local anesthetic" to numb the area of your breast that needs to be biopsied. You may also receive an intravenous medication to help you relax or sleep during your procedure. You should discuss this with your surgeon prior to the procedure.

Once in the operating room the breast area is cleansed with a disinfectant solution. Your surgeon will administer local anesthesia through a needle into the surgical area. Once the area is numb, the surgeon will make a cut in the skin, called an incision. The incision follows the natural shape of your breast as closely as possible. The lump is removed and sent to the pathologist. The incision is usually closed with material that is absorbed by your body. Therefore, there is no need to remove stitches or sutures at a later time. A dressing is placed over the biopsy site.

You will then be taken to the recovery room for ½ -2 hours. Once the anesthesia has worn off you will be discharged.

## Where to Come for the Procedure:

The breast biopsy procedure can be performed in either the Main Operating Room of Main Hospital or the Procedure Room on the B2 level of the Cancer Center. Our surgical scheduler will work with you to make the procedure scheduling as smooth, uncomplicated and quick as possible. She will contact you within 72 hours of your clinic visit with your appointment date and location. If you need to contact her, she can be reached at (734) 615-0073 ***(Please allow at least 72 hours for this to be done before contacting her).***

If you are having surgery in the “Main Operating Room” of University Hospital, you will report to the admitting lounge at least one hour prior to your surgery (the operating room will notify you of the exact time to arrive). The admitting area is located next to the operating rooms on the first floor of University Hospital.

If you have having surgery in the B2 Procedure Room of the Cancer Center, you will report to the B2 Procedure Room Reception Area on level B2 of the Cancer Center building. (Maps are available @ [www.mcancer.org](http://www.mcancer.org))

## Length of Procedure:

The entire procedure generally takes about one hour. You will then go to a recovery room for at least one hour. Once the anesthesia has worn off you will be sent home.

## Instructions:

### Before the Procedure:

- ◆Your clinic nurse will review all necessary pre-operative instructions with you. You will receive a copy of these instructions for review at home.
- ◆One or two days before your surgery, a nurse will call you to review important information about your procedure. If you will not be at home, please contact us at **(866) 936-8800** to let us know where we can reach you for this interview.
- ◆ **MEDICATIONS:** You should avoid taking aspirin containing medications as well as nonsteroidal (anti-inflammatory) medications for one week prior to surgery. Examples of nonsteroidal (anti-inflammatory) medications include Ibuprofen, Advil<sup>®</sup>, Motrin<sup>®</sup>, Aleve<sup>®</sup> and Nuprin<sup>®</sup>. Please notify your surgeon prior to surgery if you are taking Coumadin, other blood thinning medications, or are diabetic. You should review all other medications with the preoperative nurse when you call the day before your surgery.

- ◆ Shower or bathe on the day of the biopsy. Do not use any deodorant, powder or lotion on the breast, which will be biopsied.
- ◆ You will be given special instructions about eating and drinking before the procedure.
- ◆ You will need to arrange for someone to drive you home after the procedure.
- ◆ You may wish to bring some money with you so that you can fill any medication prescriptions you may receive after surgery.
- ◆ It is a good idea to wear comfortable clothing and bring a tight fitting, supportive bra to the procedure (even if you don't usually wear one).

**After the Procedure:**

- ◆ The dressing placed over the incision may be removed after 48 hours. This will be clarified the day of surgery with your discharge papers. While the dressing is in place, it must stay clean and dry. The white tapes (Steri-strips) underneath the dressing will come off on their own.
- ◆ Generally, showering after 48 hours is OK. Your surgeon will clarify this after the procedure. If a dressing is placed over the site you should ask your doctor for approval. Avoid sitting in water up to the biopsy site (such as a bathtub, swimming pool, hot tub) for 7-10 days after the procedure.
- ◆ You will be able to return home after the procedure. You should wear a supportive bra for one week after the procedure (24 hours a day) for comfort. A supportive bra will help minimize pulling on the biopsy site from the weight of your breast. Many women return to work and their normal activity the day after surgery. You may need to limit those activities that involve heavy lifting or strenuous arm movements, such as pushing and pulling.
- ◆ The doctor may write a prescription for pain medication for any discomfort you may have.
- ◆ Do not be alarmed if you notice bruising around the area. This is common, and the bruise will fade.

## **Results of the Procedure:**

The pathology results will be made available to your surgeon within 5-7 business days. Your surgeon will make arrangements for you to receive the results either by telephone or in a follow-up clinic appointment.

## **Problems You May Encounter:**

Although complications are rare, they can include infection, bleeding, and occasionally fluid collection in the biopsy area.

**Notify the surgical nurses (Monday through Friday, 8am to 4pm) at the numbers on the attached phone sheet if you develop any of the following:**

- a temperature higher than 101 degrees Fahrenheit
- bleeding that will not stop
- swelling of the breast
- severe bruising
- unusual or severe pain not relieved by your pain medication
- any unusual symptoms that concern you

**On weekends, holidays or after 4pm on weekdays, contact the page operator at (734) 936-6267.** Ask to have the On-Call Surgical Oncology Resident paged.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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