

**ST. JOSEPH HOSPITAL  
SURGERY CENTER PERSONAL RECOVERY PLAN**

**SPECIALTY INFORMATION: BREAST BIOPSY**

<b>PRE-ADMISSION</b>	<b>ADMISSION</b>	<b>PREPARATION AREA</b>	<b>OPERATING ROOM</b>
<p>Purchase a post-surgery bra based on your surgeon's instructions.</p> <p>Arrange for a responsible adult to drive you to the Surgery Center <b>and home again.</b> Your driver is expected to remain at the Surgery Center so that he/she is available to hear home care instructions and for timely discharge.</p> <p>Arrange for a responsible adult to be with you at home after your surgery.</p> <p>You will be instructed in the Recovery Room as to how long someone will need to be with you at home.</p>	<p>Bring the post-surgery bra that the surgeon told you to take to the Surgery Center.</p> <p>Leave all jewelry, credit cards and money at home.</p> <p><b>Parking is free.</b> Have your driver park on the <b>3<sup>rd</sup> floor</b> of the parking structure.</p> <p>Please check in at the Reception desk and hand in your Anesthesia questionnaire.</p>	<p>Depending on your specific surgery, you may need to have a procedure completed in Radiology before we prepare you for surgery. <b>Your doctor's office will provide instructions if this is necessary.</b></p> <p>You will have a small tube placed in your vein so that fluids can be provided to your body during surgery.</p>	<p>The room is kept cool. Warm blankets are available for you.</p> <p>Equipment in the room will be used to check your body systems (pulse, blood pressure, breathing) or will be needed during your surgery.</p> <p>There will always be a professional staff person with you during your surgery.</p> <p>You will be given medication to make you comfortable and possibly sleepy.</p> <p>You may feel pressure at the surgery site. This should not cause you pain.</p>

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<b>IV FLUIDS</b>	<b>NUTRITION</b>	<b>ACTIVITY</b>	<b>PAIN MANAGEMENT</b>	<b>DISCHARGE PLAN</b>
<p><b>IMMEDIATE RECOVERY</b> Small tube in your vein with slow running fluid as ordered by your doctor.</p> <p>This will be removed when you are stable.</p>	<p>Start with clear liquids if you had general anesthesia</p> <p>Clear liquids as tolerated if no nausea or vomiting</p>	<p>In bed with head of bed elevated slightly.</p> <p>Sit on side of bed and then transfer to the recliner w/ assistance.</p> <p>Help to the bathroom.</p>	<p>Pain medication will be given depending on your pain level (0 = no pain to 10 = severe pain), doctor's orders and your symptoms.</p> <p>Ice pack to incision site if ordered by doctor.</p>	<p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will review printed and doctor specific home care instructions with patient and family.</p> <p>You will be discharged when you are stable (about 1-1 ½ hours).</p>
<p><b>HOME CARE</b></p> <p><b>FOLLOW YOUR DISCHARGE INSTRUCTIONS</b></p> <p>In an effort to promote your wellness, St. Joseph Hospital provides Community Education programs. Please call: 714-771-8000 at ext. 8266 for the current schedule.</p>	<p>Clear liquids (water, apple or cranberry juice, tea), no milk.</p> <p>Add foods as tolerated. Avoid greasy, spicy or heavy foods. Begin with small, frequent meals.</p>	<p>Use assistance to get out of bed and to walk to the bathroom as you may feel slightly dizzy or drowsy.</p> <p>Limit excessive movement to the arm on the surgical side.</p> <p>Follow activity instructions from your doctor.</p> <p>Wear your bra-based on doctor's orders.</p> <p>Follow your doctor's instructions for showering.</p>	<p>Take oral pain mediation as instructed by your surgeon.</p> <p><b>Avoid alcohol and driving while taking pain medication.</b></p> <p>Continue with ice packs if instructed to do so by your doctor.</p>	<p>Some swelling and bruising at the surgery site is expected.</p> <p>Follow your doctor's instructions for care of the surgery site dressing</p> <p>Schedule your post-surgery office visit as ordered by your surgeon.</p> <p>Notify your surgeon if you have:</p> <ul style="list-style-type: none"> <li>*increasing pain that is not relieved by pain medication.</li> <li>*fever greater than 101.</li> <li>*bleeding from the surgery site.</li> <li>*increased swelling or bruising</li> <li>*concerns or problems.</li> </ul>