

LANCASTER SURGICAL GROUP, P.C.

GENERAL SURGERY • VASCULAR SURGERY • TRAUMA • LAPAROSCOPIC SURGERY • SURGICAL ONCOLOGY

FREDERICK J. HEINLE, JR., M.D., F.A.C.S.
FREDERICK C. BEYER, III, M.D., F.A.C.S.
DALEELA G. DODGE, M.D., F.A.C.S.
EDWARD T. CHORY, M.D., F.A.C.S.

2104 HARRISBURG PIKE, SUITE 200
P.O. BOX 3200
LANCASTER, PA 17604-3200
717-544-3626
FAX 717-544-3628

STEVEN L. PARKER, M.D., F.A.C.S.
PAUL G. NEWMAN, M.D., F.A.C.S.
STACEY L. MAZZACCO, M.D.
DAVID A. WINAND, M.D.

POST BREAST CRYOABLATION INSTRUCTIONS

1. Remove the dressing the morning after the cryoablation. You may or may not have steri-strips in place. If you have steri-strips, these should remain in place for 5-7 days following surgery. They will begin to curl at the ends when they are ready to be removed. You may shower, but do not soak the wound (no swimming in a pool or soaking in the tub for at least one week). The wound does not have to be re-dressed. If you do not have steri-strips, this is okay and you do not need them.
2. Wearing a bra, night and day, provides support which helps to reduce post-procedure discomfort. I suggest this for several days after surgery.
3. You may experience leakage of fluid from the incision site. If this occurs, apply a dry dressing and change daily or as needed.
4. For pain, we suggest one of the Ibuprofen compounds (Advil, Nuprin, etc.) or Tylenol.
5. Please call the office for an earlier appointment if you develop:
 - Signs of infection
 - Redness of the wound
 - New or increasing pain in the wound
6. Your incision may be bruised, swollen, and tender for a few days. You may also experience some numbness/tingling across your incision and extending under your arm and down to your elbow. This is common and should resolve over time. For pain, one of the Ibuprofen compounds (Advil, Nuprin, etc.) or Tylenol is suggested. A prescription pain medication will be given on an individual basis should these not be effective in managing your discomfort.
7. Please call the office to report any of the following:
 - *Temperature of 101° or higher
 - *Signs of infection, possibly including increasing incision redness, warmth, tenderness, swelling, drainage, or bleeding
 - *Persistent moderate to severe pain
 - *Bleeding from incision site that does not stop with manual compression

LANCASTER SURGICAL GROUP, P.C.

GENERAL SURGERY • VASCULAR SURGERY • TRAUMA • LAPAROSCOPIC SURGERY • SURGICAL ONCOLOGY

FREDERICK J. HEINLE, JR., M.D., F.A.C.S.
FREDERICK C. BEYER, III, M.D., F.A.C.S.
DALEELA G. DODGE, M.D., F.A.C.S.
EDWARD T. CHORY, M.D., F.A.C.S.

2104 HARRISBURG PIKE, SUITE 200
P.O. BOX 3200
LANCASTER, PA 17604-3200
717-544-3626
FAX 717-544-3628

STEVEN L. PARKER, M.D., F.A.C.S.
PAUL G. NEWMAN, M.D., F.A.C.S.
STACEY L. MAZZACCO, M.D.
DAVID A. WINAND, M.D.

PRE BREAST CRYOABLATION INSTRUCTIONS

1. You should have a light breakfast/lunch.
2. All blood thinners (Aspirin, Coumadin, Plavix, etc.) should be stopped seven days prior to the procedure, except for a 600 mg dose of Ibuprofen or Tylenol one hour before your appointment time.