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Instructions following Lymph Node Biopsy

A lymph node biopsy is a test that checks for disease in your lymph nodes. Lymph nodes are small, oval* shaped organs located in different parts of your body. They're found close to internal organs such as your stomach, intestines, and lungs, and are most commonly noted in the armpits, the groin, and the neck.

Diet

Patients may resume a regular diet without restrictions. Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.

Light to moderate activity as tolerated is permitted. Patients may carefully turn the head from side to side and look up and down without undue worry about stitches. Heavy lifting, straining, and -strenuous exercise should be avoided for at least one week following surgery.

Pain

Neck pain and neck stiffness are to be expected. Your physician may prescribe a narcotic pain reliever. You may use this as prescribed for severe pain. Do not drive while taking narcotic pain medications. Acetaminophen (Tylenol) may also be used for mild to moderate pain.

Narcotics may cause constipation; stool softeners such as docusate sodium (Colace) can be helpful for this.

Wound care

Patients may shower or bathe normally. You may get water on the incision. If you have stitches, they may get wet. If you have a plastic bandage (Tegederm) over your incision, you may get this wet. If you do not have a bandage over the incision, apply antibiotic ointment such as Neosporin or bacitracin twice daily.

Medications

*****Your physician will send 2 prescriptions in for after surgery. One will be an antibiotic and one will be pain medicine. Please pick these prescriptions up at your pharmacy BEFORE your scheduled surgery.**

Fever

Please call the office if your temperature is greater than 101° F.

Follow-up appointment:

Your follow up appointment in the office will be 1 week following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please contact our office when you arrive home from the surgery center.

