



POST BREAST BIOPSY INSTRUCTION SHEET

1. **Do not remove the steri-strip dressing.** When taking a bath or shower do not get the area wet at least for the first 24 hours.
2. After showering the next day, remove the steri-strips, pat the area dry and place a new band-aid. Each day after showering, place a new band-aid until the area is healed.
3. Do not participate in strenuous activities for 24 hours – tennis, golf, aerobics, weight lifting, swimming, skiing, etc.
4. Leave the ace bandage on until bedtime. Sleep in a supportive bra.
5. You may have discomfort and you may have a small amount of bruising. This is normal.
6. For several days or even a couple of weeks, you may have a little tenderness, “twinges” and a little lump where the needle went into the skin. This can be bothersome, but it is normal. Warm compresses may make this feel better (Do not use a heating pad). Usually this will disappear completely with a little time.
7. If you need medication for the discomfort, take Tylenol. Do not take aspirin or Ibuprofen (i.e. Advil, Nuprin or Motrin) for 24-48 hours after the procedure.
8. Watch for excessive bleeding, pain or fever. Apply firm pressure and ice if there is bleeding. If the bleeding continues and/or any of the above symptoms occur, contact your doctor. If you have any questions regarding your procedure, please feel free to contact this office at 252-565-8951. During weekends or after hours, please call your doctor’s office or go to the nearest urgent care or emergency room.
9. Your biopsy results should be available in 5-7 business days. Your referring physician will give you your results at your follow-up appointment unless otherwise directed.