



Information You Need to Know After Your Needle Breast Biopsy

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What to Expect

- ▶ You may have mild discomfort and/or a small amount of bruising where the needle entered the skin. You may see the bruising 2-3 days after the biopsy.
- ▶ The biopsy site is covered with a light dressing which can be removed in 24 hours. Keep the dressing dry for the first 24 hours.
- ▶ Keep an ice pack on the biopsy site for 15-20 minutes at a time during the first 4-6 hours. This helps reduce swelling and discomfort. When you go home put the pack on top of the biopsy site dressing and hold it in place with a comfortably fitted bra.

Self-Care At Home

Pain: You may safely take medicine that has acetaminophen (Tylenol) in it. Do not take any medicine that has acetylsalicylic acid (Aspirin) or anti-inflammatories such as ibuprofen (Advil) for 2 days following biopsy as this can cause bleeding. If you are unsure please talk to your doctor.

Activity: You may return to work or other activities on the day of your biopsy as long as there is no heavy lifting or strenuous activities. The day after your biopsy you should be able to do all your usual activities. Wait 48 hours before swimming.

Showering/bathing: 24 hours after your biopsy you may shower or bathe. Lightly pat dry the Steri strip tapes after. You can remove the Steri-Strip tapes 3-4 days after your biopsy.

Call your family doctor if:

- ▶ Your biopsy site begins to bleed and keeps bleeding even after pressing on it firmly for 3-5 minute intervals for up to 30 minutes.
- ▶ You have redness, swelling or increased pain around the biopsy site.

Follow-Up

- ▶ Your referring doctor will have the biopsy test results within 7-10 working days.
- ▶ Please call the Breast Health Program nurse at 875-2107 (leave a message) for non-emergency concerns or questions. It is important for us to hear of any complaints or problems you have had.

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