



## DEDICATED BIOPSY SERVICES

COMMITTED TO COMPASSIONATE MEDICAL EXCELLENCE

### HOME CARE/DISCHARGE INSTRUCTIONS FOLLOWING BREAST BIOPSY

- It is important to wear your bra after your procedure, as it will help to maintain pressure on the biopsy site. It is advised that you also sleep in your bra for the first evening as it will help to restrain movement of the breast.
- Apply ice to the breast every 1/2 hour on/off for 6-8 hours following the biopsy procedure to relieve swelling and bruising. An ice pack may be inserted inside your bra, over the dressing.
- You may need to use Tylenol (1-2 tablets) every 4-6 hours for discomfort, if needed. **DO NOT TAKE ANY ASPIRIN PRODUCTS (e.g. Ibuprofen, Advil, Motrin) AS IT MAY CAUSE BLEEDING FROM THE BIOPSY SITE.** 48 hours after the biopsy, you may resume aspirin products.
- Most women do not find it necessary to restrict their normal activity after the procedure. You may resume your regular work/activity if you are feeling well. Very strenuous activity such as aerobics, jogging, vacuuming, etc., should be delayed for at least 48 hours. No swimming or Jacuzzi for one week.
- You may notice bruising in the area of the biopsy. This is normal and should resolve within 1-2 weeks.
- After the biopsy, a steri-strip adhesive will be placed directly on the skin and should remain in place for 5 days. Directly over the steri-strips, a small gauze dressing will be applied with a bandaid. This outer cover may be removed 1 day (24 hours) after the procedure. Keep the area dry to avoid infection.
- If you have any questions or concerns or notice any excessive bleeding, drainage, excessive swelling, redness, heat or fever, please contact your Doctor for instructions.