



### ***AFTER BIOPSY BREAST CARE:***

- Wear a supportive bra the day of your biopsy, a sports bra is best if you have one. You may be more comfortable sleeping in your bra. The biopsy site will be dressed with steri-strip tape and covered with gauze. It will not be necessary to change these dressings.
- Apply ice to your biopsy site every 2-3 hours the day of the biopsy for 20 minutes at a time. This helps considerably with pain management and bruising.
- The outer gauze bandage can be removed the morning after your biopsy. Leave steri-strip tapes in place.
- The steri-strip tapes covering the biopsy site can be removed 3 days after the biopsy. Use alcohol to assist in removing the strips.
- **DO NOT SHOWER, SWIM OR GET YOUR BIOPSY SITE WET FOR 48 HOURS AFTER THE PROCEDURE.**

### ***MEDICATIONS:***

- **DO NOT TAKE ASPIRIN, ADVIL, MOTRIN, ALEVE, IBUPROFEN, OR ANY MEDICATIONS CONTAINING THESE DRUGS FOR THE NEXT 24 HOURS.**
- You may use Tylenol for discomfort if needed. Follow dosage instructions on the bottle.
- You may continue all your usual medications the day of your biopsy unless otherwise directed by us.

### ***ACTIVITIES:***

- You may resume most daily activities after your biopsy, including going to work.
- Avoid vigorous activities such as swimming, tennis, aerobic workouts, vacuuming, running, lawn care, and lifting more than 10 pounds for the next 24-48 hours.
- If bleeding occurs apply **FIRM PRESSURE** until it stops. If bleeding continues, call us.

### ***WHEN TO CALL US:***

Call the office if you notice any signs of excessive bleeding or infection such as excessive swelling, intense pain, soaked gauze dressing, redness or heat around the biopsy site. It is **NORMAL** to experience mild discomfort, bruising, and lumpiness near your biopsy site and to see a small amount of blood under the steri-strips and on the gauze. During regular office hours, call (804) 523-2303 and after 5:30 pm and weekends, please call (804) 257-5055.

### ***BIOPSY RESULTS:***

- The Radiologist or a designated staff member will inform you and your physician of the results of your biopsy. The results are usually ready within 1-2 business days. You may be scheduled for a follow-up visit for a wound check and results.
- If you have not been notified of your results within 2 business days, please call our office at (804) 523-2303.