

# Going home after a breast biopsy

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Date of biopsy: \_\_\_\_\_

Please follow-up with your family doctor for the results of your biopsy in 2 weeks.

All patients who have had a biopsy are reviewed weekly by the radiologist and pathologists at the BAC. If additional tests or follow-up is recommended, we will work with you and your primary care provider to arrange these next steps.

## Discomfort

You may have mild discomfort and/or bruising at the needle site. This is common, you may take Tylenol or extra strength Tylenol as instructed on the bottle. Do not take non-steroidal anti-inflammatory drugs such as Advil or ibuprofen.

## For the next 24 hours:

- Leave the dressing/bandage on.
- Keep the needle site dry. Sponge bath only. No showering directly on the area until the next day. Peel off clear bandage after the shower. Leave the white steri-strips in place. They will fall off after a few days.
- For your comfort, put ice (wrapped in a towel) to the area for 10 minutes every hour or so for 24 hours after the biopsy.
- Take it easy. Do not do strenuous activities such as tennis, aerobics, weight lifting, vacuuming or skiing for 24 hours.

## When to call:

- Call your breast surgeon, family doctor or go to the nearest emergency department if your pain is severe, does not go away, or you have:
  - signs of infection: a fever 38°C (100°F) or higher; redness, swelling
  - swelling below the needle site greater than 2 to 3 cm (1inch) in size

If you need to see your family doctor or go to an emergency department, bring these instructions with you to show what procedure you had done.