

Post Image-Guided Core Breast Biopsy Care Instructions

1. Leave ice pack on until you get home. Apply cold icepack for about 15 minutes every 2 hours for the first 24 hours as needed. A sports bra can be worn for extra support, including at bedtime.
2. Keep bandage dry for 24 hours. Do not shower for 24 hours after the biopsy.
3. Warm, dry compresses can be used after 24 hours. Do not use moist compresses.
4. Leave bandage covering and steri-strips on until they come off on their own.
5. Do not swim or hot tub for 14 days or until the biopsy site has healed.
6. For pain relief you may take acetaminophen (Tylenol).
7. No heavy lifting and strenuous exercise for the next 24 hours.
8. It is normal to have bruising, a lump, discomfort, and possibly tingling that may last for several days to several weeks.
9. If you develop bleeding that will not stop, pain, fever, or redness around the biopsy site call your family doctor.

EXCEEDING YOUR EXPECTATIONS

EVERY DAY