



## **Patient Instructions After Breast Biopsy**

Radiologist who performed the procedure: \_\_\_\_\_

If you have questions or concerns about your care, please call YC Advanced Imaging Breast Center at **530-673-6674**, Monday through Friday, 8:00am – 5:30pm.

***If you took an anti-anxiety medicine before this procedure, do NOT drive for 6 hours. Do NOT drink alcohol, take muscle relaxants, or mood-altering medicines for 24 hours.***

1. **RESULTS** – Your biopsy results should be ready in 3-4 working days. Your doctor or the YC Advanced Imaging Breast Center staff will call you to discuss your results.
2. **CARE OF THE SITE**
  - Apply ice to the area for 20-30 minutes at least 3 times the day of the biopsy and then as needed. This will help to reduce swelling and pain.
  - It is recommended that you wear a supportive bra for 24-48 hours. A sports bra or other comfortable bra works well.
  - A gauze bandage will be placed over the biopsy site for protection. You may remove the gauze bandage the next day. The thin strips of tape or steri-strips placed over the biopsy site will loosen and come off on their own in about a week. If they are still in place after a week, you may gently peel them off.
  - You may shower the next morning. Do not soak in a bath or pool for 48 hours.
3. **SIGNS OF INFECTION** – If any of these symptoms occur, call the YCAI Breast Center or your doctor.
  - Temperature over 100.4 F for two readings taken 4 hours apart.
  - Significant swelling, firmness, or warmth
  - Increased redness
  - Pus around the site
  - Heavy bleeding from the site
4. **COMFORT** – You may have some discomfort and bruising. It should go away in about a week. If you need something for discomfort, you may take Tylenol for the first 24 hours if you do not have liver problems. You may resume taking aspirin or ibuprofen 24 hours after the biopsy (if no signs of bleeding) or as directed by your doctor.
5. **ACTIVITY**- Avoid vigorous arm movements and heavy lifting for the first 24 hours. You may resume your normal routine the next day or as directed by your doctor.
6. **BLOOD THINNERS** – If you take Coumadin, aspirin, or other blood thinners, you may resume these 24 hours after the biopsy (if no signs of bleeding) or as directed by your doctor.

*NOTE: The information provided should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed physician should be consulted for the diagnosis and treatment of any and all medical conditions.*