



### Instructions for Care Following Your Breast Biopsy

Gauze and tape has been placed over the biopsy site. This should remain clean and dry and may be removed in 24 hours. If there is a spot of reddish or bloody drainage, this is normal. If the gauze becomes saturated or if bleeding is appreciated, pressure should be held at the site. If continued bleeding after 10-15 minutes of constant pressure is appreciated, please call our office for additional instructions.

An ice pack can be useful to minimize discomfort and swelling however it is not required. Over-the-counter pain preparations such as Tylenol (acetaminophen) or Advil (ibuprofen) may be used for mild pain. We do not typically give pain medicine prescriptions or antibiotics following a biopsy. If you feel this will be needed, or if your pain is not relieved by over-the-counter preparations, please call our office.

A Steri-Strip sticker has been placed over the tiny incision in the skin. This provides protection and allows healing to take place. If the area is clean and dry when the initial dressing is removed, no additional dressing or care should be required. If the area is sensitive or if there is a tiny amount of watery reddish drainage 1-2 days following the biopsy, place a Band-Aid or dressing over the site as needed. Ointments or lotions should be avoided as they may loosen the Steri-Strips' hold to the skin. The Steri-Strip sticker may fall off on its own or can be removed after 10-14 days. If it falls off prematurely, it does not need to be replaced.

It is normal for the breast gland tissue to feel enlarged, tender, thick or hard following a biopsy. If the biopsy was performed for a lump or mass in the breast, this area may feel larger. It is thought that the biopsy process does not disseminate cancer or disease. Biopsy will not cause an area to grow or spread, however inflammation and tissue reaction to the biopsy can make the area seem larger than before the biopsy. Provided that surgical excision is not planned or warranted as result of the biopsy, the area should return to the consistency of the tissue prior to the biopsy in 3-8 weeks.

Bruising and/or the accumulation of blood (called a hematoma) at the biopsy site is common. This, too, will resolve with time and if bothersome, can be addressed by our office.

A marking clip is sometimes placed at the biopsy site. These clips are typically made of ceramic or metal material that is smaller than the head of a pin. This material is not able to be felt by the hand or seen by the eye. It is merely able to be appreciated on a mammogram film and serves as a way to monitor the site for change and to provide a way to find or localize the site if future surgery is required. The marking clip will not trigger any security alarms and its presence does not need to be reported for other medical tests or other purposes.

Problems or changes we want to be aware of include: Fever greater than 101.5, redness, warmth and swelling of biopsy site, or drainage greater than 3 days after the biopsy. Discomfort associated with the biopsy should improve gradually. Changes or sudden, new pain can be reported to our office. You may shower after 24 hours.

Biopsy results are typically available in 3-5 business days. We will call you with the results as soon as they are available, unless you wish to schedule an appointment to go over the biopsy results face-to-face. Follow-up appointments depend on results of the biopsy.

You do not need to limit your physical activity. However, if you have discomfort with movement or activity you may want to refrain from heavy exercises. We do request that you do not submerge the incision in a body of water (for instance: lake, pool, or bathtub) for 3-5 days. If any medications such as anticoagulants (Coumadin, Plavix) or aspirin have been stopped in order for this biopsy to be performed, they may be restarted the next day. There is no need to make changes to your routine diet and regular medications otherwise.

Thank you for the privilege of working with you! Our goal is to make you feel confident, comfortable, and reassured as we work to find answers for you.