

Breast Biopsy: Post Care Instructions

After the Procedure

Apply Ice: The cold pack that you received should be applied to help reduce swelling. The ice pack will only stay cold for 15 to 20 minutes, then it may be refrozen and reused. To reduce the possibility of swelling and soreness, try to keep ice on your breast for 15 to 20 minutes each hour until bedtime.

Pain Medication Management: The numbing medicine will typically wear off within 4 to 6 hours after the biopsy. To alleviate any discomfort, you may take a non-aspirin pain reliever such as Tylenol (2 tablets every 4 to 6 hours). Taking a pain reliever before the numbing medicine wears off may help decrease discomfort.

Post Biopsy Activity

- You may drive home alone after the procedure.
- You may return to work; however, it is best to go home after the procedure and rest.
- Avoid any heavy lifting or physical labor, including aerobics and jogging for 24 to 48 hours.
- Wear a tight-fitting bra for 24 to 48 hours after the procedure.

Bandage Instructions

- The pressure bandage should stay on for 24 to 48 hours, and then it can be removed. Do not shower/bathe until you have removed the pressure bandage.
- Leave the steri strips on for 3 to 5 days. Try to let them fall off by themselves.
- You may notice some bruising in the area, which should go away in 5 to 7 days.

Pathology Results

Final pathology results will be available approximately 2 to 3 days after the procedure. You will get your results from the Medical Imaging Department radiologist or your doctor. The physician will discuss a specific plan for how and when to contact you with results.

If you have questions or concerns about the procedure, please call the Radiology Department at 608-661-7248

More Ways to Learn

American Cancer Society website at www.cancer.org
Go to www.cpmc.org/learning



When To Call:

Call your health care provider immediately if any of the following occurs:

- Increased redness
- Excessive heat at the biopsy site
 - Increased pain
- Swelling at the biopsy site
- Foul smelling drainage
- Excessive bloody drainage
- Fever above 101 degrees

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