Breast Imaging
S p e c i a l i s t s

Post Biopsy Instructions

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Softer
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PROVIDER

POST CORE BIOPSY CARE INSTRUCTIONS

AFTER YOUR CORE BIOPSY

- We will place a water safe dressing over the biopsy site. You may remove the dressing on the fifth day.

- You may shower the next day and pat the dressing dry. Do not rub the biopsy site or place soap directly on the site. Please do not soak in water until 7 days after the biopsy (no swimming or hot tubs).

- Please keep the ice pack in your bra until it warms to room temperature. Apply an ice pack for 10 minutes hourly until bedtime on the day of your biopsy. Do not apply the ice pack directly on your skin. Wear a tight-fitting bra on the first night.

- Avoid strenuous activities for three days requiring movement of your arms and lifting anything over 10 pounds.

- If you have discomfort, you may take Tylenol.

- Avoid the following medications which will thin your blood: Aspirin, Advil, Aleve, Ibuprofen, Motrin, Percodan, Vitamin E, Fish Oil, Omega-3 fatty acids, and Herbal medicines, including, Gingko Biloba, for three days after your biopsy.

POSSIBLE COMPLICATIONS

- It is normal to have a small amount of fresh blood at your incision site. Some blood may track along the skin and appear to involve a larger portion of the biopsy region in a dark discoloration.

- If there is continued oozing or bleeding, apply firm pressure to the incision site while lying down in ten minute intervals while applying ice and recheck of the site. In most cases, the bleeding will stop with these measures. If bleeding does not stop after one hour, call our office or go to the nearest Urgent Care or Emergency Room.

- Infections from biopsy are extremely rare. Look for pain, swelling and redness around the incision. If you think that you have an infection, call our office or go to your doctor's office, Urgent Care, or to the Emergency Room.