



### POST BIOPSY INSTRUCTIONS

- ◆ Proceed with normal activities; if you experience discomfort with lifting or exercising then proceed as you feel able.
  - ◆ It is preferred that you avoid taking a bath or swimming for 36 hours. You may shower at any time.
  - ◆ If needed, use Tylenol for discomfort, we would prefer that you avoid aspirin or Advil.
  - ◆ If you normally take a blood thinner, follow the instructions given by the radiologist at the completion of your biopsy.
  - ◆ Keep an ice pack on area until bedtime, replacing them as they thaw. They will refreeze in 40 minutes or so.
  - ◆ Some oozing of bloody fluid may occur. If you experience excessive bleeding, hold firm pressure over the area for 10 minutes. If excessive bleeding continues, please page the radiologist who did the biopsy.
  - ◆ Keep the steri-strips on until you return to the Breast Center for results.
  - ◆ Return to Breast Center as instructed for results.
- \*\*No appointment is necessary.

**Return to The Breast Center on:** \_\_\_\_\_