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Instructions and Care Following a Needle Breast Biopsy

You may have mild discomfort and/or a small amount of bruising where the needle entered the skin. Bruising may become visible 2-3 hours after the biopsy.

- The biopsy site will be covered with a light gauze dressing or Band-Aid which can be removed in 24 hours. The Steristrip tapes under the dressing should be kept dry for the first 24 hours; after this time you may shower or bathe, then lightly pat the Steristrip tapes dry. Keep the tapes in place for 3-4 days and then remove.
- An ice-pack should be kept on the biopsy site for 15-20 minutes at a time for the rest of the day, if possible, to help reduce swelling and discomfort. At home the pack can be placed on top of the biopsy site dressing and held in place with a comfortably fitting bra.
- **AVOID ASPIRIN & IBUPROFEN** (acetylsalicylic acid) or any medication that contains aspirin as this can cause bleeding. You may safely use Acetaminophen containing products instead. If you are unsure please consult a physician.
- You may return to work or other activities on the day of your biopsy as long as no heavy lifting or strenuous activities are required. On the day following your biopsy all activities except swimming should be well tolerated.
- Please notify your Doctor if you notice any of the following:
 - Increasing pain and/or swelling of the breast
 - Increased temperature, pain and redness around the puncture site
 - Fever higher than 38 degrees C (100.4 degrees F).
 - Uncontrollable bleeding from the biopsy site.