

Post Breast Biopsy Procedure Patient Instructions

1. **DO NOT** take aspirin or aspirin containing products, blood thinners (e.g., heparin, Coumadin, Plavix, Lovenox, Arixtra, Fragmin, Pletal, Aggrenox) for 24 hours unless ordered otherwise by your doctor.
2. For pain you may take acetaminophen products (e.g., Tylenol) or ibuprofen products (e.g., Motrin, Advil) as needed.
3. Resume all other previous medications prescribed by your doctor.
4. Keep an ice pack inside your bra on top of the dressing for 1–2 hours after the biopsy to minimize pain, swelling and/or bruising.
5. Wear a tight bra (e.g., sports bra) for 48 hours after the biopsy to help minimize swelling and to reduce the risk of bleeding.
6. Remove the pressure dressing (gauze) the next morning but keep the thin strip of tape (Steristrip) on the skin in place until it falls off (3–5 days). You may bathe carefully after removing the gauze, being careful not to loosen the Steristrip. A small amount of blood on the gauze is to be expected.
7. You may return to work after the biopsy. **NO** heavy lifting, bending, twisting, stretching, or other strenuous activity for 24 hours.
8. Notify your doctor if you experience any excessive:
 - Bleeding
 - Pain
 - Fever
 - Swelling
 - Skin redness or heat
 - Drainage

If you are unable to reach your doctor, go to a hospital Emergency Department for evaluation.

9. You will be contacted the next day by our technologist to see how you are doing. If you have any questions, please call our mammography technologist at 321.842.8390.
10. Your doctor will receive the final pathology results of your biopsy in approximately 3–5 working days. Your doctor will contact you with the results.



When it matters most.

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