



**Barnet Medical Plaza**

680 Broadway, Suite 111 Paterson N.J. 07514

P: 973.977.6662 F: 973.341.1128

**Towne Centre**

3 Walter E. Foran Blvd., Suite 312 Flemington N.J. 08822

P: 908.284.2300 F: 908.442.7432

## POST BIOPSY INSTRUCTIONS

1. After arriving home, **do not remove the gauze dressing**. When taking a bath or shower do not get the area wet at least for the first 24 hours. To relieve the swelling/bruising, please use an ice pack over the gauze. Continue this for the rest of the evening alternating 20 minutes on and 20 minutes off. Wear bra to bed the first night.
2. Leave the gauze dressing on for 24 hours following the biopsy. Gently remove the gauze before bathing or showering, **the next day**.
3. The steri-strips under gauze will fall off in three to seven days. You can shower normally with them on.
4. You may have discomfort and may have a small amount of bruising in the area of the biopsy site on the effected breast. For several days or even a couple of weeks, you may have a little tenderness, “twinges” and a little lump where the needle went into the skin. This can be bothersome, but it is normal. Warm compresses may make this feel better (**Do not use a heating pad**). Usually this will disappear completely with a little time.
5. If you need medication for the discomfort, take Tylenol only. **Do not** take Aspirin or Ibuprofen (i.e. Advil, Nuprin or Motrin) for 24-48 hours after the biopsy procedure.
6. Do not participate in strenuous activities for at least 48 hours following your biopsy, such as tennis, golf, aerobics, weight-lifting, swimming, skiing, running/jogging, etc.
7. You may resume your regular activities and/or work schedule after 24-48 hours, if you feel well enough to do so.
8. If you experience any excessive bleeding/drainage, pain or fever over 102, unusual swelling or redness in the biopsy area or have any questions regarding your procedure, please feel free to contact the **PINK Breast Center Paterson** office at **973-977-6662** or **Flemington** office at **908-284-2300**. Apply firm pressure and ice if there is bleeding. If bleeding continues, contact your primary care physician.
9. Your biopsy results should be available in 3-5 business days. Contact your referring physician for your biopsy results.