



Care After Your Breast Biopsy

- The local anesthetic will wear off after a couple of hours. You may take a non-aspirin pain reliever such as Tylenol for pain and discomfort. Some discomfort is to be expected. (DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING PRODUCTS this can lead to bleeding and bruising after the biopsy).
- Use a cold compress every two hours for 20 minutes for the first day. The small cold compress can be re-used. Just place compress in the freezer for 30 minutes.
- Bruising is normal after the biopsy. It will change colors (black, blue, green, and yellow) and will disappear in a few weeks.
- You may bathe or shower with the steri-strips in place 24 hours after the procedure. Do not remove the steri-strips. They will loosen and peel off on their own over the next several days.
- You may remove your gauze dressing at bedtime or wait until the next morning. Wear a snug fitting bra at all times for the first 48 hours except for showering and bathing.
- Avoid strenuous activity or heavy lifting for 24 hours.
- Please call CGH Women's Center Nurse Navigator Erika Adams if you have any of the following:
 - excessive bleeding that doesn't stop after you apply direct pressure for 15 minutes
 - increased pain or pain not relieved by Tylenol
 - A temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or greater
 - increased swelling around the biopsy site
 - Redness, drainage, or foul-smelling odor from your incision.

Any questions, call CGH Women's Center Nurse Navigator Erika Adams at 815-564-4873, after 4 pm call 815-625-0400 dial 0 for switchboard and have Erika Adams paged.

A wound check appointment has been made for you in one week. See appointment below:

Additional instructions and Follow-up appointments.

A follow- up mammogram in six (6) months is required to establish a new baseline and to check the biopsy site.