



Department of Radiology

1-888-656-4723

Post Breast Biopsy Instructions

After your procedure, you will be provided with an ice pack to take home for use to reduce any swelling or bruising at the biopsy site. It is recommended that you continue to use ice (approximately 20 minutes on and 20 minutes off) for the first 24 hours after the biopsy.

You may notice some bruising. Everyone bruises differently, so size and severity of bruising experienced will vary. Bruising of a small or large area is normal.

For 3 days following your biopsy, please take it easy. No heavy lifting (such as older children or weights) or any strenuous exercise, such as running or jogging.

Please do not take a bath or shower today. You may take a shower starting tomorrow, but no bathing or swimming for three (3) days.

You may remove the gauze dressing tomorrow. Leave the Steri-strips on the biopsy site. These should fall off on their own after a week. If they don't, you may remove them. You do not have to place another dressing over the Steri-strips. If there is any oozing at the site, you may place a band aid over the area. If you have any bleeding from your biopsy site, apply steady pressure with a gauze pad. If bleeding becomes heavy or doesn't stop, call your radiologist. A small amount of blood on the bandage is normal.

If you are experiencing any discomfort after your biopsy, you may take Tylenol® or Extra-Strength Tylenol® (acetaminophen). Please do not take any other pain relievers for 3 days. They may contain aspirin, ibuprofen or other non-steroidal anti-inflammatory drugs, which may increase your risk of bleeding.

Please be aware of any sign of infection or excessive bleeding. Signs of infection may include fever, increasing pain or tenderness or redness at the biopsy site. If you experience any of these symptoms, please contact your Radiologist or Primary Care Provider.

Either your Radiologist or your referring physician will be calling you with the biopsy results in 3-5 business days. If you have any questions prior to then, please do not hesitate in contacting us.