



Elizabeth Wende Breast Care, LLC

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Post Biopsy Instructions

1. It is normal to have mild breast discomfort and bruising for 24 to 48 hours after stereotactic or ultrasound-guided core biopsy. Do not participate in strenuous activities for at least 24 hours after your biopsy. This includes weight lifting, vigorous aerobics, tennis, skiing, etc.
2. Periodically, ice the biopsy site for at least 10 to 15 minutes after the biopsy and continue into the evening of the biopsy. If you are using an ice pack, wrap the ice pack in a light tea towel or T-shirt. The ice will help reduce breast swelling and discomfort.
3. Do not get the incision wet for 24 hours.
4. Remove the gauze and taped dressing prior to bed on the evening of your biopsy unless otherwise instructed.
5. Remove the Steri-Strip on the third day after your biopsy. If it comes off earlier, it does not need to be replaced. Please remove the Steri-Strip immediately if you notice skin irritation or skin redness. If this happens, please call the office.
6. If you are not allergic, Extra-strength Tylenol can be taken for discomfort. Please avoid aspirin products and other pain relievers like Advil, ibuprofen, Motrin and Aleve for up to 24 hours after the procedure.

Problems

Watch for excessive bleeding, an enlarged lump, increasing breast discomfort or hot reddened breast, which may occur anytime after the biopsy. If any of these occur, please contact our office.

Please call our office number (585-442-8029) during the hours of 8 a.m. until 5 p.m. for assistance. If the office is closed and you feel this is an emergency, you should call the phone number that your doctor gave you at the time of your biopsy. Please call prior to 8:30 p.m., as this is a private phone number. If there are any emergencies after 8:30 p.m., please go directly to the hospital emergency department.

Results

In most cases the doctor will call with your results as soon as they are available, usually 24 to 48 hours after your biopsy date. There are some labs, such as Quest and X-Cell, that take as long as a week to obtain the results. **We will be calling you after 5 p.m.** to give you your results after your core biopsy. For example, because labs do not work on Saturday or Sunday, the results of a biopsy performed on Friday afternoon may not be available until Tuesday evening after 5 p.m.