OREGON IMAGING CENTERS

BREAST BIOPSY AFTERCARE

1. Place an ice pack inside your bra, on top of the dressing. Leave an ice pack (frozen peas or corn work also) in place for 20 minutes per hour until you go to bed this evening. You may be more comfortable to sleep in a sports bra for a day or two.

2. DO NOT shower or bathe until the next day. You may remove the steri-strips in 4 days or when the wound is sealed. Remove the strips in the shower or when wet to prevent re-opening the wound.

3. You may have mild discomfort and a small amount of bruising where the needle entered the skin. If you need something for discomfort take Tylenol. DO NOT TAKE ASPIRIN, ALEVE, or IBUPROFEN. You can continue to use an ice pack for up to 48 hours, if helpful. (If you take aspirin or blood thinners on a regular basis, please check with your prescribing provider about staying off of them 2-3 days after the procedure.)

4. DO NOT participate in strenuous activities or heavy lifting for 24 hours after your biopsy. (I.e. vacuuming, aerobics, running, etc). Avoid using hot tubs, Jacuzzis, swimming pools or bathtubs for at least 4 days. If you received sedation for your procedure, DO NOT drive the remainder of the day of the biopsy or operate heavy machinery.

5. Watch for excessive bleeding or pain. For bleeding, apply firm pressure to the biopsy area for 15 minutes and recheck. **If bleeding continues**, call Oregon Imaging Centers at 541-687-7134 ext. 2615 and speak to one of the biopsy technologists. If you are needing assistance after 5:30pm, please contact Radiology Associates 541-284-4016, explain your procedure and ask to talk to the on-call radiologist.

6. Your provider should call you with the pathology results within 4 working days. If you have not heard from your provider, please call our Patient Navigator at 541-736-3358.

7. Our Patient Navigator or Registered Nurse will telephone you the next working day to see how you are doing.

8. You may receive a bill from Pathology Associates for the lab analysis of your biopsy.

Radiologist performing your biopsy: _____ M.D

Technologist assisting with your biopsy: _____ R.T.(R)(M)