

## POST IMAGE-GUIDED BREAST BIOPSY CARE INSTRUCTIONS

The Radiologist who is performing your biopsy today is: \_\_\_\_\_

Today you are having a: \_\_\_\_\_

### AFTER YOUR CORE BIOPSY:

1. We will place a transparent, water-tight, dressing over the biopsy site. Please keep the dressing on. Remove the dressing on the **seventh** day.
2. You may shower the next day. Please do not soak the dressing in water until 7 days after the biopsy (i.e., bathing, swimming, hot tubs).
3. We will place an ice pack in your tight-fitting bra. Please keep the ice pack on for an hour.
4. After an hour, apply an ice pack for **10 minutes every hour**, until bedtime on the day of your biopsy. Do not apply the ice pack directly on your skin. You will not be required to place an ice-pack in the days following your biopsy. Wear the tight-fitting bra that night.
5. Avoid strenuous activities for three days, such as housework, yard work or sports.
6. If you have discomfort, **take Tylenol only**.
7. Avoid: Aspirin, Advil, Aleve, Ibuprofen, Motrin, Percodan, Vitamin E, Fish Oil, Omega-3 fatty acids, and Herbal medicines, including, Ginkgo Biloba, for three days after your biopsy. After three days, you may go back to your regular medications and supplements.

### AFTER YOUR FINE NEEDLE ASPIRATION:

1. A bandage will be placed over the site where the needle was inserted. You may remove the bandage, bathe or shower, and resume normal activity that same night.
2. See the instructions below regarding bleeding, infection, or shortness of breath.

### BLEEDING PROBLEMS AND OTHER POSSIBLE COMPLICATIONS:

1. It is normal to have a small amount of fresh blood at your incision site (the size of a quarter).
2. However, if there is a significant amount of fresh blood you will need to apply pressure to the incision site.
  - A. Lie down and apply firm pressure over the incision site for 10 minutes. Please use a clock to time yourself. After 10 minutes, apply an ice pack for an hour. That should stop most cases of bleeding.
  - B. In the rare instance that you cannot stop the bleeding, call Mammography at 650-736-7124, during working hours before 4 pm. During weekends or after hours, please go to the nearest Urgent Care or Emergency Room.
3. Infection is rare. The signs of infection are increasing pain, swelling and redness around the incision. If you think that you have an infection, call Mammography, at 650 736-7124, during working hours before 4 pm. During weekends or after hours, please go to your doctor's office, Urgent Care, or to the Emergency Room.
4. Lung collapse is very rare after a breast needle biopsy, and will usually be known while you are in the Mammography Department. However, if after leaving Stanford you develop significant shortness of breath, call 911 and go directly to the nearest Urgent Care or Emergency Room.

### OBTAINING YOUR PATHOLOGY RESULTS:

Your pathology results should be ready in **3** working days.

1. Please call your referring doctor for the pathology results \_\_\_\_\_.
2. If you cannot get in touch with your doctor, please call our nurse, Rosalind Benedet, RN, MSN, at 650-721-5419 for the pathology results.
3. In most cases, if your pathology results are benign (negative for breast cancer), we usually recommend that you return for follow-up imaging at 6, 12, and 24 months after your biopsy. Please consult your doctor for additional post-biopsy follow-up instructions.
4. In some cases, the tissue sampled is not benign. Your referring doctor will advise you as to your next step. Typically, your doctor will refer you to a breast surgeon for a consultation.