Care After Your Breast Biopsy

What to Expect After Your Breast Biopsy

- We will provide you with a disposable ice pack so you can ice your breast right after your biopsy.
- A small amount of bloody drainage from your biopsy area or on the dressing is normal.
- You may have some mild to moderate discomfort, tenderness and bruising where the biopsy was done.
- A titanium clip may be placed during your biopsy. This is a permanent marker to identify the area where the breast tissue was removed. The clip can only be seen on an x-ray or mammogram.
- If you have a clip placed, you may have a gentle compression mammogram after your breast biopsy. This will show the location of the clip.
- You may have steri-strips or sutures and a small bandage on the area where the breast biopsy was done.

Pain Control

- If you have discomfort after your biopsy you may take over-the-counter pain medicine such as aspirin, ibuprofen, naproxen, or acetaminophen (Tylenol) products unless you were instructed otherwise after your biopsy.
- Take over-the-counter pain medicine as directed on the label.
- It is important to apply ice to the biopsy site, even after you leave the Breast Center. Apply ice for 15 to 20 minutes, with 40 to 45 minute breaks, for 4 to 6 hours following your breast biopsy. Applying ice can:
  ▶ Improve pain and discomfort related to your breast biopsy.
  ▶ Reduce bruising and tenderness at your biopsy site.
Care for Your Biopsy Site/Hygiene

- You may remove the outer gauze dressing 24 hours after your procedure.
- If you have steri-strips (paper tape) they will come off on their own in about 5 to 7 days. **Do not** remove the steri-strips yourself.
- If you have sutures they will dissolve within two weeks after the biopsy.
- Remove any tape that is still on after 7 days or if there is any blistering/rash under the tape by getting the area wet and gently peeling the steri strips off.
- Keep the wound clean and dry. You may bathe the area when the outer gauze is removed. Gently pat around the incision.
- **Do not** soak in a bathtub, swim or get into a hot tub for 7 days after your biopsy.
- Wear a soft comfortable, supportive bra (such as a sports bra) for 2 days and 2 nights, including sleeping in it for 2 nights. Pad the incision with a soft cloth or gauze if it rubs against the bra.

Activity

- Limit your activity and rest the day of your biopsy.
- Take it easy for the next 2 days. **Do not** do any strenuous activities or exercises for 2 days. This includes: pushing, pulling, stretching, or lifting anything over 5 pounds with the arm on the side where the biopsy was taken.
- You may go back to work or school the day after your biopsy, unless otherwise instructed.
- You may eat and drink as normal after your biopsy.

When should I call the doctor?

Call your doctor if you have any of the following:

- A fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher
- If your pain is not controlled by pain medicine
- Redness, heat or swelling at the biopsy area
- Increased bleeding or pus coming from the biopsy area
Biopsy Results and Follow Up Care

- You will be called with your biopsy results in 3 to 5 business days. We will provide you with more information on what the next steps may be for your follow up care.

- If you have questions or concerns during normal business hours, please call your doctor or nurse at 614-293-4040 or send a MyChart message.

- For after hours or weekend emergencies, please call 614-293-0758 and ask for the “Scarlet Doctor” on call.