



## After Care Instructions for Core Biopsy Procedures

- Place an ice pack (we will provide one) inside your bra on top of the dressing. Discard the ice pack once the ice has melted. Wear your bra for 48 hours to hold the pressure dressing in place.
- Remove the dressing two days after the biopsy. You may bathe your breast carefully with the SteriStrip in place. Be careful not to loosen it.
- You may experience mild discomfort and you may have bruising and a lump at the biopsy site.
- If you need medication for discomfort, take Tylenol or extra strength Tylenol. **DO NOT TAKE ASPIRIN OR IBUPROFEN FOR THE FIRST 48 HOURS.**
- Do not participate in strenuous activities, especially those using the arm on the side biopsied, for 24 hours after the biopsy.
- Watch for excessive bleeding, pain, swelling or fever. If any of these occur, call the Breast Center or your doctor right away. If it is after hours, please go to the Summit Medical Center Emergency Room. You will be offered a prescription for pain medication post-procedure.
- A nurse will call you the next day to check on how you are feeling.

Every attempt will be made to inform you of your pathology results within 48 hours, unless the biopsy is performed on Friday, in which case it may not be available until Monday.

You may call Kathleen Colloton, Breast Health Nurse, with any questions at (510) 869-6628.