

Post Biopsy Instruction Sheet

For optimal recovery from your breast biopsy, please follow these instructions:

- No strenuous activity (no exercising, golf, tennis, shoveling, raking, cleaning, etc.) for 2 days after the biopsy. You can go to work if not strenuous, drive, go out for dinner, go shopping and have wine.
- No heavy lifting for 2 days after the biopsy. Do not pick up anything more than 5 pounds (about a gallon of milk).
- You can shower 24 hours after the biopsy, but no bathing, swimming or soaking in water until the incision has fully closed. Please leave the bandage on while you are showering.
- Keep the skin biopsy site covered with a bandage for 4 days. Replace as needed until scab formation occurs at incision site. You can apply Bacitracin, Neosporin, or Polysporin antibacterial ointment, if you wish.
- You may experience bruising (black and blue) at the biopsy location for several days or even several weeks. You may feel "some lumpiness" in the biopsy site from the bruising. The color of the bruise will start off being purplish-red then turn into yellowish-green.
- You may take Tylenol for tenderness for the first 24 hours. You may take Advil or Ibuprofen after 24 hours if needed. Tenderness should decrease over time.
- Apply an ice pack to the area at least three times, for the first day to help alleviate pain and swelling. Use the ice pack no more than 15 minutes at a time.
- If you experience any redness, swelling or any signs of infection at the biopsy site, please call our office immediately.
- If bleeding should occur, lay flat on your back and hold constant pressure for 20 minutes. Repeat this process as necessary until the bleeding stops. If the bleeding does not stop, please follow instructions below to reach a radiologist.

You should receive biopsy results within 3-5 business days; however, results may be available earlier through an electronic medical records system.

In the event of an emergency, or if you need to reach the radiologist during the workday (8am - 5pm Monday - Friday), please call (973) 509-1818. Please call your Radiologist directly on weekdays after 5pm, holidays or weekends:

Dr. Melissa Lee (917) 514-9789

Dr. Bitia Ameri (201) 675-2551

Dr. Nabila Hai (732) 642-6308

Patient Signature

Date