

2014

After Breast Biopsy



After Breast Biopsy

We have written this pamphlet to give you some guidelines for your care at home.

Controlling discomfort

- You may have some discomfort or burning in the area for a few days.
- Plain Tylenol® (acetaminophen) may be enough to ease your discomfort.
- Your surgeon may give you a prescription for stronger pain pills.

Hygiene

- You may shower or bathe the next day.
- You may however be asked to keep the incision (cut) dry for 48 hours. After this time, the dressing can be removed (leave Steri-Strips™ in place).
- The incision may get wet in the bath or shower. Please pat dry (rather than rub) over the Steri-Strips™.

Activity

- Go back to your usual activities when comfortable.
- Avoid aerobic activities for 72 hours.
- Do not lift anything heavy for 7 days.

Care of your incision

- Keep your incision clean and dry.
- There may be Steri-Strips™ (small pieces of strong tape) over your incision.

- These can be removed in 7-10 days.
- Your stitches will dissolve on their own.
- You may cover the biopsy site with a dressing or Band Aid™. You may change this if needed.

Other important points

- If you have a pressure dressing, it should be left on for 48 hours.
- Your doctor may ask you to wear and sleep in a form fitting bra for 72 hours.
- The results of your biopsy will be sent to your surgeon or family doctor. It will take about 2 weeks for the tissue results to be ready and mailed out.

Call your doctor if you:

- Notice any bleeding from the area. Press firmly with your hand for 3-5 minutes. If the bleeding continues, maintain pressure and call your doctor immediately.
- Have any redness, swelling, or discharge from the area.

If your surgeon or family doctor is not available, go to the nearest Emergency Department.

If you have any questions, please ask.
We are here to help you.

