

After a Needle Breast Biopsy

After Your Biopsy

- Rest during the day after your test.
- You may have mild discomfort or bruising after the test.
- Take acetaminophen (Tylenol®) for discomfort. Do not use aspirin or ibuprofen on the day of the biopsy.
- Place an ice pack on your breast to help with bruising and discomfort. Leave the ice pack on for 20 minutes, then remove the ice pack and place it in the freezer for 10 minutes. You may repeat these steps for up to three hours after the test.
- You may shower the morning after your test.
- After showering, gently dry the biopsy area. Place a small amount of antibiotic ointment over the area and then cover it with a clean bandage.
- Leave on the Steri-Strips® (incision tapes) until they fall off.
- If you are not showering, place a small amount of antibiotic ointment over the Steri-Strips®, and cover with a clean bandage **every day for 3 days**.
- Do not do strenuous activities, such as housework or exercise, for 24 hours after the test.
- Do not swim or use hot tubs for one week.

Symptoms to Notice At Home

- If you have bleeding at the biopsy site, **lie down**, remove the bandage, put three fingers on the biopsy site and apply pressure for 10 minutes. Use a clock to time yourself. Call us if the bleeding does not stop after you apply pressure for 10 minutes.
- Infection is extremely rare. Check the biopsy area when you apply your antibiotic ointment. Call us if you notice an increase in swelling, redness or pus (yellow drainage), if you have pain, or if you feel warm or chilled and you have a temperature of 101°F / 38.3°C or above.
- A complication called a hematoma may occur after a needle biopsy. This is clotted blood that temporarily builds up at the site of the biopsy. A hematoma will feel like a firm thickening in the biopsied area of the breast. Call us if you notice a tender thickening at the site of the biopsy.

If you have questions or problems: Call the Breast Health Center Nurse at (415) 600-2717.

Note: After business hours and on weekends, go to the Emergency Room.

Your Biopsy Results

Results are usually available within 3 business days after your biopsy. You will get results from the Breast Health Center Nurse or your referring doctor.

More Ways to Learn

- Call the Breast Health Center at (415) 600-2717
- Visit the American Cancer Society web site at www.cancer.org.
- Go to www.cpmc.org/learning.

Frequently Asked Questions

Question: Will I have any discomfort after my biopsy?

Answer: You may feel mild discomfort and bruising in the area that was tested.

Question: When can I take a shower?

Answer: You may shower the morning after your biopsy.

Question: What symptoms should I pay attention to at home?

Answer: **Bleeding** – some women have bleeding at the biopsy site. Call us if the bleeding does not stop after you apply pressure for 10 minutes.

Infection – this is extremely rare. Call us if you notice an increase in swelling, redness, or pus (yellow drainage), or if you feel warm or chilled and have a temperature of 101°F / 38.3°C or above.

Hematoma – this is a complication that may occur after a biopsy. Call us if you notice a tender, firm thickening at the site of the biopsy.

Question: When will I get the results?

Answer: Results are usually ready within 3 business days.