

## CARE INSTRUCTIONS AFTER IMAGE-GUIDED BREAST BIOPSY (Ultrasound, MRI Or Stereotactic)

### Instruction:

- Keep the large pressure dressing in place today.
- If told to do so, wear a sports bra or tight-fitting bra for 24 hours after the biopsy. Wear the bra at night when you sleep.
- You may shower 24 hours after biopsy. Cover the pressure dressing before you shower. Do not scrub the biopsy site or soak the dressing.
- You may remove the dressing after 3 days and place a small band-aid over the biopsy incision site.
- After 3 days you can return to all your normal activities.

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### Things To Avoid :

#### For three days :

- Do not lift heavy objects with the arm on the side of biopsy.
- Do not do any strenuous activities (swimming, playing sports, strenuous exercise).
- Do not bathe, swim or soak the biopsy site under water.
- Do not take medicine that has aspirin, ibuprofen or vitamin E. These can cause bleeding problems. Instead, take T. Crocin for any pain or discomfort.

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### Special Points :

- Swelling and bruising are common and resolve over several days.
  - If you have bleeding from the biopsy site, apply pressure with an ice-pack until it stops. Do not keep the ice on for more than 15 minutes.
  - Take T. Crocin for pain or discomfort.
  - If you have stopped taking any medication for your biopsy, do not resume taking it for three days. Please speak to your referring doctor about when you should restart the medication.
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## Call Your Breast Doctor If :

Please inform the clinic immediately or go to the nearest Casualty/ Emergency Service if you experience the following :

- Fever: Temperature greater than 100F
- Excessive pain or discomfort
- Signs of infection at the biopsy site such as swelling, skin redness or discharge
- Continuous bleeding from the biopsy site.

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## Biopsy Results :

Biopsy results are ready within four business days. You will receive a call from our clinic once the reports are ready.

- In most cases, if your pathology results are benign (negative for cancer), we recommend that you return for follow-up imaging at 6,12 and 24 months after biopsy. Please consult your doctor for your post-biopsy follow-up instructions.
- In some cases, the tissue sampled is not benign. Your referring doctor will advise you as to your next step. Typically, your doctor will refer you to a breast surgeon for a consultation.