

Breast Biopsy Discharge Instructions

You have had a BIOPSY today of your breast. It is normal to have tenderness and bruising at the biopsy site. If painful, you may take regular or extra strength acetaminophen (Tylenol) but not aspirin, as it can interfere with blood clotting. Ice on the site is helpful to reduce bruising and a bra may be worn at night to restrict movement of the breast.

The following list of guidelines is provided for your safety:

1. If you experience any of the following symptoms please seek medical attention immediately.
 - i) acute or sudden shortness of breath, difficulty breathing
 - ii) sudden increase of pain at the biopsy site
 - iii) sudden sweating and light-headedness
2. Heavy lifting is not recommended after the biopsy and normal activities may resume the next day, unless otherwise instructed.
3. **Do not shower or bathe the same day following the breast biopsy. If you have a gauze dressing, remove it the next morning and then you may shower or bathe.** Gently pat the area dry. If you have a Steri-strip on the biopsy site and that starts to curl at the ends you may then remove it. This strip may definitely be removed within 7 days.

NOTE: To obtain the results arrange for a follow-up appointment with doctor in 7-10 days.

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