

## What you need to know after your Breast Biopsy

### How should I take care of the area where I had my Breast Biopsy?

- Do not take a bath or shower for 24 hours (1 day) following your biopsy. Keep the biopsy site clean and dry.
  - Do not use a hot tub or go into a swimming pool for 48 hours (2 days) after your biopsy.
- You may have small white tape(s) called Steri-Strips® over your biopsy site. If they come off before one week, place a Band-Aid® over the site to keep it clean. After one week, you may take off the Steri-Strips®/Band-Aid® if still in place.
- Place a gel ice pack on the site to help reduce swelling. Apply the ice pack for no more than 10 minutes in 1 hour. You can use the ice pack as many times as needed in the 1<sup>st</sup> day.
- Avoid any hard physical activity for 1 to 2 days after your biopsy. This includes sports or lifting heavy items.
- It is normal to have some bruising develop during the week after your biopsy.

### Do I need to take any medication after my Breast Biopsy?

- If you have mild pain after your biopsy, you may take over the counter pain medication such as Tylenol® (acetaminophen).
  - Do NOT take Aspirin® (ASA or acetylsalicylic acid) or Advil® (ibuprofen) as this may cause more bruising.
- If you have moderate to severe pain, please contact your family doctor or your Nurse Navigator in the Breast Diagnostic Assessment Unit for further assessment and instructions.

### When should I seek medical attention or see my doctor?

Call your family doctor if you have any of the following:

- Fever higher than 38°C (100.4°F)
- Biopsy site is hot to touch, red or swollen
- Pus at the biopsy site
- A lot of bleeding at the biopsy site
  - You may have a small amount of bleeding at the biopsy site on the day of your biopsy. This is normal.
  - If you notice bleeding, place firm pressure over the area for 5 to 10 minutes.
  - **If the bleeding does not stop, call your family doctor for instructions.**

**\*\*\* If you cannot reach your family doctor, go to your nearest emergency department or urgent care centre \*\*\***