

Care After an Image Guided Breast Biopsy

What to Expect After Your Biopsy

- After the biopsy, a small metal clip may be placed in your breast tissue. The metal clip is about half the size of a grain of rice and will help show the biopsy area on future breast imaging studies.
- There are no special instructions for the metal clip. It is MRI safe, it will not set off metal detection alarms in airports and it is not considered an implanted device.
- The metal clip is permanent. It does not need to be removed. If you need surgery in the area where the metal clip was placed, the surgeon will remove it during surgery.

Biopsy Site

- If the biopsy site bleeds at home, put firm pressure over the area for about 15 minutes.
- You may want to wear a bra or snugly fitted top all the time for the first 24 hours after the biopsy. This will provide extra support and help ease any discomfort.
- You may have some swelling or bruising at the biopsy site. This is normal and should go away in 5 to 10 days.
- You can reuse the cold pack you were given after the biopsy. You may reapply the cold pack on your breast for 20 to 30 minutes to relieve swelling, bruising or discomfort. If you use a different cold pack, put a lightweight cloth over the skin of your breast before applying it. You may use a cold pack as often as you like for the first 48 hours after the biopsy.

- The Steri-Strip® over the biopsy site will stay on for many days. If it irritates your skin, you should take it off.
- You may bathe or shower as usual the next day after the biopsy. Do not soak the biopsy site under water for 7 days.
- You may feel a lump at the biopsy site. This may be due to the biopsy healing process. This lump may take 2 to 3 months to go away. If it does not go away, have your health care provider check the area.

Pain Relief

- You may take a non-aspirin pain reliever (such as Tylenol®) over the next 3 days. Follow the package instructions.

Activity Level

- You may continue your normal daily activities.
- For the first 24 hours, avoid strenuous activities (tennis, aerobics, heavy house cleaning), heavy lifting or any activities where you could receive a blow to the chest or biopsy site.
- For the next 7 days, avoid swimming pools, lakes, hot tubs, or any activities where the biopsy site would be under water.

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When You Will Get the Results of Your Biopsy

A Piper Breast Center nurse will call you within 2 days business days after your biopsy to talk about your results and any follow-up that is needed.

In compliance with the 21st Century Cures Act, biopsy results are released **automatically** to your Allina Health account (MyChart). This means you may see your biopsy results **before** the Piper Breast Center nurse. Please know that the Piper Breast Center nurse will call you as soon as possible to talk about your results and answer any questions.

When To Call Piper Breast Center

- If bleeding at the biopsy site does not stop after you have put pressure over the area for 15 minutes.
- If you notice increased swelling, redness, pain or heat in the biopsy area.
- If you have a temperature of 101 F or higher.

Piper Breast Center

The radiologist who performed your breast biopsy was:

Your technologist's name was:

If you have any questions or concerns, please call Piper Breast Center between 8 a.m. and 4 p.m., Monday through Friday.

- Coon Rapids: 763-236-0818
- Minneapolis: 612-863-3150
- Plymouth: 763-577-7676
- St. Paul: 651-241-8572 or 651-241-8375

After business hours, please call the radiologist on call.

- For Minneapolis and Plymouth, please call Consulting Radiologists, Ltd.: 952-285-3750
- For Coon Rapids and St. Paul, please call Midwest Radiology: 651-297-6504