

Breast Biopsy

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Procedure

During a biopsy, your health care provider will take a sample of your breast tissue.

What to Expect

You may have some bruising or swelling around the biopsy site.

Your Incision

- Steri-Strips® (paper-like tape) may have been placed on your incision. They can get wet in the shower. You may peel them off after 7 days.
- You may have stitches that dissolve on their own. You do not need to do anything to care for these.
- Follow any directions your health care provider gives you.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.
- For the first 48 hours, you may place an ice pack or bag of frozen vegetables on your breast for pain relief and to help keep the swelling down.
 - Wrap the bag in a light towel before using.
 - Keep the ice pack on for 30 minutes and then keep it off for 30 minutes.
- Wear a firm-fitting bra for support as directed.

Activity

- Follow your health care provider's directions.
- Rest as needed.
- Avoid smoking.

Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Avoid alcohol if you are taking prescription pain medicine.

(over)

When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of 101 F or higher
- new pain or pain you can't control
- bleeding that gets worse
- signs of infection at your biopsy site:
 - pain
 - swelling
 - redness
 - odor
 - warmth
 - green or yellow discharge
- nausea (upset stomach) or vomiting (throwing up) that won't stop
- any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.