



Breast Biopsy (Stereotactic and Ultrasound Guided) Discharge Instructions

A stereotactic or ultrasound breast biopsy is performed to remove cells from a suspicious area in your breast. A hollow needle is used to withdraw cylinders (or cores) of tissue from the abnormal area in your breast. Medical imaging is used to help guide the needle to the site of the abnormal tissue. Image-guided needle biopsies are not designed to remove the entire lesion. The abnormal tissue is sent to a pathologist to examine it under a microscope and determine a diagnosis.

Aftercare Instruction

- You will need to wear a sports bra, tight fitting bra, or Ace wrap for 24 hours. It can be removed after that, but a well-fitting bra is advised for 3 additional days.
- You may loosen the Ace wrap if it makes breathing difficult, or if it starts to irritate the skin.
- An ice pack will be placed inside your bra or Ace wrap before you leave, keep this in place for 15-30 minutes. This should be repeated at least 4 times today. Never place ice directly on the skin.
- If significant fresh blood or a large lump appears at the biopsy site, apply 10 minutes of pressure. By applying firm, steady pressure to the site, you can stop almost all bleeding. **In the rare instance you can't stop the bleeding, have someone drive you to a local urgent care or emergency room.**
- The steri-strip can be removed 3 days after the biopsy or when it falls off on its own.
- You may shower 24 hours after your biopsy. Do not scrub or soak the area. Avoid soaking of the biopsy site for 7 days after the biopsy, or until healed.
- Mild discomfort and a small amount of bruising are expected. We recommend Tylenol (acetaminophen) for post biopsy discomfort if not contraindicated. NSAIDs like ibuprofen may be used, but they may increase bleeding or bruising. Do not take aspirin products for 24 hours after the biopsy.
- **Do not participate in strenuous activity for 24 hours.** This includes ironing, vacuuming, mopping, laundry, dishes, cooking with heavy bowls/pans, any sports activity such as tennis, golfing, aerobics, weightlifting, skiing, horseback riding, etc.
- **Avoid activities that will stretch or bounce the breast (like jogging) until 3 days after the biopsy.** These activities, along with heavy lifting, increase your risk of developing bleeding or a hematoma.
- **Your ordering physician will receive the results of the breast biopsy within 4-5 days. They will be responsible for contacting you with the results.**

MEDICATIONS used:

You may have received Lidocaine with or without epinephrine today as part of your examination.

Please call your primary care physician even up to a week after your biopsy if you notice any of the following:

- Significant pain at the site unrelieved by Tylenol
- Hematoma or painful lump around the site
- Fever greater than 100.6°F
- Redness or drainage at biopsy site
- Continued nausea and vomiting

Seek EMERGENCY CARE if you have:

- Chest pain
- Uncontrolled pain
- Confusion or change in mental status
- Difficulty breathing or shortness of breath
- Progressive swelling of any area
- Severe abdominal pain or bloating
- Persistent dizziness or feeling like you are going to pass out

If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.

Teton Radiology may be reached at (208) 524-7237 for Idaho Falls, or (208) 356-4888 for Rexburg.

(Patient name - Please print)

Your radiologist was:

I understand the above information.

(Patient or family member's signature) Date

Reviewed with me by:

(Technologist or nurse) Date