



Radiology & Imaging

AFTER CARE INSTRUCTIONS

Instructions following a breast biopsy procedure:

1. Place ice pack inside bra on top of dressing. Keep ice pack on at least 20 minutes per hour x 8 hours or until bedtime. Wear bra to bed if possible to keep pressure on the biopsy site. Please keep dressing dry for the remainder of the day following the biopsy.
2. Remove dressing (not steristrips) the next morning. Carefully peel tape away without pulling the skin. Can bathe carefully with steristrips in place the day after biopsy. Do not shower. Keep biopsy area dry.
3. Allow steristrips to fall off (will occur in several days). If steristrips have not fallen off in 10 days, please remove them.
4. For soreness take Tylenol. Do not take aspirin or Motrin for at least 24-48 hours (longer if signs of bleeding).
5. Do not participate in strenuous activities for 24-48 hours.
6. Watch for persistent bleeding, severe pain, severe swelling, fever, or any other symptoms. If these occur or if you have any questions or concerns, take the following steps:

For **URGENT** problems (shortness of breath, continual bleeding, marked swelling, or other severe symptoms):

- Go to the nearest hospital emergency room or call 911.

For **NON-URGENT** questions or problems:

- Call the Radiology & Imaging office where the biopsy was performed between 7:30am and 5pm:

125 Liberty Street, Springfield
113 Elm Street, Enfield

(413) 827-7410
(860) 741-2177 or Toll Free (888) 671-1753

By taking the above steps, you should be able to reach a radiologist who can assist you. If you do not, call the service of the physician who referred you to the biopsy.

7. Biopsy results will be available from your referring physician within 7 days after the procedure. If you have not heard from your physician within one week, please contact his or her office.