

## **POST PROCEDURE INSTRUCTIONS**

- 1) You have just had a core needle breast biopsy with ultrasound guidance.
- 2) After leaving the office you should rest. You should not partake in any strenuous activities such as lifting, pushing or pulling for the next 24 hours.
- 3) You may shower in 24 hours. Do not submerge in a bathtub or swimming pool for one week.
- 4) You will probably be more comfortable wearing a bra for the next few days. This will prevent the weight of your breast from pulling on the tender biopsy area. You may be more comfortable sleeping in the bra as well.
- 5) An ice pack will be applied to the biopsy area. When you get home you may refreeze this pack or make your own icepack. This will help minimize swelling and bruising.
- 6) You may also take a pain pill. Tylenol is preferred.
- 7) You may notice the biopsy area and breast may turn black and blue. Do not be alarmed as this is quite common.
- 8) If you have any concerns however you can reach Dr. Casey and Dr. Burgers at any time by calling 954-772-6700.
- 9) You should receive a call from your doctor within 4 to 5 days with the pathology results from your biopsy. If you do not receive this call please contact the office Monday through Friday from 9am to 5pm at 954-772-6700.