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Board-Certified by the American Board of Surgery



Center of Excellence for Breast Care and Cancer

## Preparations & Instructions for your Ultrasound Guided Breast Aspiration/Core or Vacuum Assisted Large Core Biopsy in Office

Please familiarize yourself with the following information before and after your procedure. This will help ensure the best possible healing process.

- **Prior to the Biopsy:** Do not take Aspirin, Advil, Motrin, Aleve, Vitamin E, Alka Seltzer, Herbal Tea and all vitamins and supplements for at least 7 full days. Coumadin, Plavix, or other medications that thin the blood must be stopped before the procedure with clearance and specific instructions from your medical doctor.
- **The day of the biopsy:** Arrange for someone to drive you to and from the office. Plan to be in the office on biopsy day for about 2 hours and make sure you inform your driver of the same. Wear a comfortable two-piece outfit, eat lightly and bring a snug surgical or sports/jogging bra with you. The bra should not have an underwire, should provide compression, not lift and it should open both front and back (**Men should bring a snug undergarment i.e., UnderArmour shirt**).
- **Following the biopsy:** Leave the tape and gauze bandage on for 24 hours. After removal of bandage, you may shower as usual. If steri-strips are on the wound, **do not remove them for any reason.** They will be removed at the post-biopsy visit. You need to wear the snug bra continuously for 2 weeks following the procedure. Discoloration, redness, black and blue, purple, mild discomfort, pressure, pinching, twinges, pulling, minor oozing, tenderness, lumpiness, deformity, swelling, hardness, etc. are possible. If excessive bleeding, swelling, redness, high fevers or signs of infection are noted please notify our office immediately. Apply ice packs outside the Bra and biopsy site for 24 hours as directed. Do not use heating pads, ointments, peroxide or creams on the wound. Restart all prescription medications and vitamins after the procedure unless otherwise directed.
- **Pain Medication:** In most cases, Tylenol (Acetaminophen), 2 tablets every 6 hours, is sufficient for relief of discomfort (if not allergic). Avoid Aspirin, Advil, Motrin, Aleve and similar medications.
- **Activity:** You may resume many regular activities immediately. Avoid strenuous exercise, lifting and reaching for one week. You may return to work the next day unless otherwise directed. Use common sense. No driving or alcohol consumption if you are in pain or taking pain medication. **No driving the day of the biopsy.**
- **Post Biopsy Visit:** In most cases, no immediate post-biopsy visit is needed. You will be given a follow-up appointment for 10-14 days.
- **Your Pathology Report:** The results are usually available within 5-7 business days. We will call you as soon as possible; however, we will not leave a message or voicemail with results.
- **Questions or confusion:** Please call our office if you need further information or clarification.
- I certify that these instructions have been fully explained to me. I fully understand the information and confirm that all of my questions have been answered to my satisfaction.

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

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