Post Core Biopsy Instructions

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

Following the biopsy there will be steri-strips covering the biopsy site with a gauze and tape bandage over the steri-strips. You may bathe or shower in 24 hours. Leave the gauze and tape bandage on for the first 24 hours and remove it before bathing or showering. **DO NOT REMOVE THE STERI-STRIPS UNDERNEATH!!!** The nurse practitioner or Dr. Kaufman will remove them at your follow up visit, usually in 10-14 days. DO NOT re-bandage over the steri-strips unless there is bleeding or drainage, at which time gauze pads can be placed on top, held in place by the bra (and tape if necessary).

A tight, supportive surgical or sports bra must be worn continuously (even to sleep) **until your return visit** (this means 10-14 days **continuously**). Wear it as tight as possible and **only remove it to shower/bathe or wash the bra**.

Apply crushed ice in a double plastic bag to the biopsy site and breast. It will mold well to the breast and should be tucked inside the sports bra (over the gauze dressing) for 15 minutes at a time. After 15 minutes, take it off for 15 minutes and keep repeating for remainder of the day. If you are sore or swollen the following day, you may continue the same routine for another 24 hours.

Tylenol (Acetaminophen) is almost always adequate following the procedure. Most patients report little or no pain, so take Tylenol only if necessary, 2 tablets every 6 hours, if you are not allergic. Many other pain relievers like Advil Motrin and Aleve thin the blood and are to be avoided after the procedure. Resume taking all prescription medications and vitamins unless otherwise instructed.

Resume normal activity after your procedure. Avoid reaching, heavy lifting and strenuous upper body exercise for a few days. You may return to work the next day. **Use common sense.** No driving on the day of your procedure or if you are in any pain.

If you have any questions, or need further information or clarification please call our office at (516) 520-1480.

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.

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Please visit our website to learn more about your procedure.

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