

## **Breast Core Biopsy – Post Procedure Instructions**

- 1) **Wound Care:** You have small adhesive dressing strips on the biopsy site. You can shower over this dressing the next day. The dressing strips will fall off in a few days and do not need to be replaced.
- 2) **Pain:** A mild ache/ pain/ discomfort is normal for a few days. Take the pain medicine as prescribed/ directed.
- 3) **Swelling:** You may notice swelling at the biopsy site. Patients often wonder whether the lump/ tumor feels bigger because it has grown in size. This increase in size is **not** due to growth of the tumor but swelling from the biopsy itself, so do not be alarmed.
- 4) **Bruising:** You may notice a bruise on the skin where the skin appears bluish/ purple. This is expected and will resolve in a few weeks.
- 5) **Bleeding:** In the rare event that you notice bleeding from the biopsy site, lie down and hold firm pressure over the wound and the site lump using your palm and clean gauze/ cotton. Apply pressure continuously (without stopping to check) for 20 minutes. Once the bleeding stops, apply a Band-Aid. Call Dr. Gadgil in the meanwhile.
- 6) **Pathology:** Your pathology results will be available in 3-5 days. You will be notified to come in for an appointment once the results are available, however no results will be given over the phone. Please bring all previous images and reports to this follow-up appointment.
- 7) **Clothing:** Wear a comfortable bra immediately after the biopsy. A good fitting bra can provide good support to the breast and lessen the discomfort.
- 8) **Activity:** You can resume light day-to-day activities the same day. Avoid strenuous physical activities for 2 days.
- 9) **Emergency Contact:** You can reach Dr. Gadgil at 8412887778.