

# Core Biopsy of the Breast Discharge Instructions

---

## What are my Care Instructions?

You received local anesthesia during your Radiology Procedure. As the anesthesia wears off, you may feel some pain and discomfort from your procedure. The area where your procedure was performed may be sore or bruised for several days.

Follow-up care is the key part of your treatment and safety. Be sure to schedule and go to all appointments.

## How will I care for myself at home?

### Activity

- You may start taking showers again 24 hours after your procedure.
- Avoid heavy lifting, pushing, pulling or exercise activity for 48 hours after your procedure.
- Do not swim or use a hot tub, spa or take a tub bath for 7-10 days after your procedure.

### Diet

You can eat your normal diet.

### Medications

- You can take your normal prescription medicines as your doctor has instructed you to do except for the following:
  - Do not take aspirin or ibuprofen products for 48 hours after your procedure.
- Take Tylenol (acetaminophen) for discomfort, if needed.

- Do not take more than 4,000 mg of Tylenol in a 24-hour period.

### **Special Instructions**

- You can remove the bandage from your procedure area 24 hours after your procedure. Keep steri-strips in place for 3-5 days.
- Use an ice pack to the procedure area for 20 minutes, then off for 40 minutes. Repeat this cycle a minimum of four times. You must put a barrier like a washcloth or clothing between the ice and your skin.
- Wear a bra for 24 hours to give support to the procedure area.
- You will get a phone call in 1-5 business days with test results. If you do not get a phone call after 6 days, please call Breast Imaging at (734) 647-8912.
- You will receive follow up care from your doctor who ordered your radiology procedure.

### **When should I call 911?**

Call 911 immediately if you have any of the following symptoms:

- shortness of breath
- chest pains
- Loss of consciousness - (if you passed out or fainted)

Call 911 anytime you think you need emergency care.

### **When should I call Breast Imaging?**

Call Breast Imaging at (734) 647 - 8912 between 7:30am and 5:00pm Monday-Friday, if you have any of the following signs and symptoms:

- Fever (greater than 100.6°F)
- Redness, swelling, red streaking or pain at procedure site
- Abnormal bleeding
- Numbness and/or tingling to affected arm and/or hand if an axillary (underarm) biopsy was performed

Afterhours you can call the Radiology Superchief at (734) 936 - 6267, pager 1800.

Disclaimer: This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 03/2017