



# Breast or Axilla Core Biopsy and Fine Needle Aspiration Discharge Instructions

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Follow-up care is an important part of your treatment and safety. Be sure to follow these instructions, and make sure you schedule and go to all your follow-up appointments.

## **What can I expect after my procedure?**

You received local **anesthesia** (numbing medication) during your procedure. As the anesthesia wears off, you may feel some discomfort. The area where we performed your procedure may be sore or bruised for several days.

## **How will I care for myself at home after my procedure?**

### **What activities can I do?**

- 24 hours after your procedure, you may start taking showers again.
- Avoid heavy lifting, pushing, pulling, or exercise activities for 48 hours after your procedure.
- Do not swim, use a hot tub or spa, or take a tub bath for 5 days after your procedure. The wound from the procedure should look closed and dry.

### **What can I eat?**

You can eat your normal diet.

### **What medications can I take?**

- For pain, take acetaminophen (Tylenol®) if needed. Do not take more than 3000 milligrams (mg) of acetaminophen in a 24-hour period.

- You can take your normal medications as prescribed by your doctor unless you were specifically told otherwise.

**When can I remove the bandage?**

You can remove the bandage from your procedure area 24 hours after your procedure.

**If I had a breast or axilla core biopsy, what are other care instructions I need to follow?**

- Keep the Steri-Strips™ on your procedure area in place for 3-5 days.
- To reduce pain, soreness, and swelling, use an ice pack. Put the ice pack on the procedure area for 20 minutes, then take it off for 40 minutes. Make sure that there is a washcloth or clothing between the ice and your skin. Repeat this cycle at least 4 times the day of your procedure once you get home, and then as needed.
- Wear a bra for 24 hours after your procedure to give support to the area.

**When will I get the results from my procedure?**

You will get a phone call in 1-5 business days with your test results. If you do not get a phone call after 6 days, please call Breast Imaging at (734) 647-8912.

**When should I call 911?**

Call 911 immediately if you think you need emergency care, or if you have any of these symptoms:

- Shortness of breath
- Chest pains
- Loss of consciousness (you passed out or fainted)

## When should I call Breast Imaging?

Call Breast Imaging at (734) 647-8912 on Monday through Friday between 7:30 AM – 5:00 PM if you have any of these signs or symptoms:

- Fever of 100.4 °F or higher
- Redness, swelling, or red streaking at your procedure site
- Bleeding that is actively wetting the bandage and does not stop after 10 minutes of putting direct pressure on the area with your hand
- Numbness or tingling in your arm or hand (if you had an axillary, or underarm, procedure)
- Severe pain that does not improve when you take acetaminophen (Tylenol®)

On evenings, weekends, or holidays, you can call the after-hours radiologist on staff. Call (734) 936-6267 and ask them to send a message to pager 1800.

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