

Cryoablation 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 a key part of your treatment and safety. Be sure to schedule and go to all appointments and follow the guidelines below.

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 (Advil, Motrin) products for 48 hours after your procedure.
- Take Tylenol (acetaminophen) for discomfort, if needed.
 - Do not take more than 4,000mg of Tylenol in a 24-hour period.

Special instructions

- You can remove the bandage from your procedure area 24 hours after your procedure. Keep the steri-strips in place for 3-5 days.
- Use an ice pack on the procedure area for 20 minutes, then remove it 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 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)
- Redness, swelling, red streaking or pain at the procedure site
- Abnormal bleeding

Afterhours you can reach an on-call radiologist at 734-936-6267, pager 1800.

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