



## **Patient Information Guide Breast Care After Your Core Breast Biopsy**

1. Leave the pressure dressing on for 24 hours after your biopsy. No lifting for 24 hours following the procedure (including grocery bags), no vacuuming.
2. After 24 hours, remove the pressure dressing but leave the steri-strips on until they fall off in about 3 to 5 days. You may bathe but keep the biopsy site dry when bathing/cleaning. Do not go into a pool, pond, lake or hot tub until the biopsy area is well healed.
3. You may have mild discomfort in your breast, and you may have a small amount of bruising where the needle entered the skin.
4. If you need to take something for discomfort, take acetaminophen (i.e. Tylenol)
5. An ice pack on your breast may also help with discomfort. Do not apply ice for more than 10 – 15 minutes at a time. Be sure to always use a towel to keep the ice from directly contacting your skin and remove it if you start to feel frozen.
6. Contact your doctor if you experience any bleeding, pain or fever.
7. Your doctor will contact you with your results. Please phone your doctor if you have not heard from him/her within 2 weeks.

### **Contact Information**

Lakeridge Health Oshawa  
Breast Assessment Centre  
905 576 811 x 33923  
Office Hours 8am-4pm

Lakeridge Health Ajax Pickering  
Mammography Department  
905 576 8711 x 11434  
Office Hours 7am-3pm