



Breast Care After Your Core Breast Biopsy

1. Leave the pressure dressing on until the morning after your biopsy. You may bathe after your biopsy. No lifting for 24 hours following the procedure (including grocery bags); no vacuuming.
2. If you have Steri-strips on the puncture site, they remain on for 3 to 4 days and the area should be kept dry. You may bathe but do not shower. Remove the main dressing after bathing. If you do not have Steri-strips on the puncture site, keep the area clean and cover with a fresh bandage for 2 to 3 days after bathing. Do not go into a pool, pond, lake or hot tub until the biopsy area is well healed. This is generally 4 to 5 days.
3. You may have mild discomfort in your breast and you may have a small amount of bruising where the needle entered the skin. Bruising should not be any larger than the size of a quarter.
4. If you need to take something for discomfort, take acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®, Nupren® or Motrin®). DO NOT TAKE ASPIRIN®.
5. An ice pack on your breast may also help with discomfort. Do not apply ice for more than 20 minutes at a time.
6. Watch for bleeding, pain or fever. If any of these occur, contact your doctor.
7. Your doctor will contact you with your results. Please phone your doctor if you have not heard within 2 weeks.

Contact Information

Breast Assessment Program 905-576-8711 extension 6413

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