

# Post-Breast Biopsy

- Apply icepack to the biopsy site: 30 minutes on 30 minutes off until bedtime on the day of the procedure.
- Tylenol every 4-6 hrs for pain as needed. NO aspirin/aspirin products (Motrin or Advil) for 5 days after the procedure.
- Avoid strenuous activity for 24-48 hours.
- Wear a sports bra after the procedure for support.
- May return to work the day after the procedure (unless otherwise directed).
- Remove dressing/bandage the next day. DO NOT remove the steri-strips (thin tape). These strips will fall off on their own. If they are still attached after 7 days you may remove them.
- Shower the next day avoiding excessive scrubbing to the biopsy site.

## What to Expect:

- Bruising/discoloration of the biopsy site(s)
- Minimal oozing or droplets of blood on dressing, skin, and/or steri-strips
- Mild pain, discomfort, fullness at the site

## What If:

- If excessive bleeding occurs, apply firm constant pressure to the site for at least 20 minutes.
- If bleeding cannot be stopped, see contact numbers below.
- If you are experiencing excessive pain, discharge, redness, swelling or warmth, see contact numbers below.

## Contact Numbers:

- If you need assistance during normal business hours (8 a.m. to 5 p.m. M-F), call the office where the biopsy was performed and ask for the Biopsy Department or Biopsy Radiologist.
- If this is an emergency that cannot wait until normal business hours, call our 24/7 Call Center at **732-955-8877** and ask to speak with the Radiologist or Resident on-call.

## Biopsy Results:

- The radiologist will review the results and make recommendations based on the pathology which will then be communicated to the ordering provider.
- **The ordering provider will inform you of the results and recommendations.**
- If you do not receive your biopsy results, please contact your ordering provider.
- If you have not been notified of your results within 10 business days from the biopsy, please call the breast biopsy dept.
- All reports including pathology results will be available on the patient portal. Access is available through University Radiology Group website: **[www.universityradiology.com](http://www.universityradiology.com)**

## Bring relevant studies and reports to your appointment

University Radiology is able to obtain electronic images and reports for you if the previous studies were performed at our imaging centers or at one of our affiliated hospitals located across New Jersey. Please visit our website for a full listing: **[UniversityRadiology.com](http://UniversityRadiology.com)**

## Bring your prescription, insurance card, and photo ID

They are required for this procedure.

## Glucose Monitoring Devices

Devices such as the 'FreeStyle Libre' must be removed before any MRI, CT scan, PET/CT scan, Mammogram, DEXA, or X-ray. The exposure may damage the device and cause incorrect readings.

## Payment

You will be expected to pay your estimated co-payment, co-insurance and/or deductible at the time of your appointment. Call your insurance provider if you have questions about your plan or coverage.

## Questions?

Call **800-758-5545**