

*ST. LUKE'S CDI MIDWEST BREAST CARE CENTER*  
*CARE AFTER YOUR BREAST CORE BIOPSY*



**General / Activities:**

- Please rest quietly for at least 4 hours following your biopsy. We recommend that you do not return to work today.
- Do NOT participate in strenuous activities for the next 48 hours - NO pulling, reaching, or stretching of the arms or lifting more than 10 lbs. This includes aerobics, tennis, and weight lifting.
- Wear a supportive bra (such as a sports bra) and wear it to bed tonight to help reduce breast movement.
- You may shower tomorrow morning. Do NOT soak in a bath tub, swim, or get in a hot tub for at least 5 days.
- Most women experience some breast discomfort following the biopsy and will develop bruising. A small lump may also develop at the biopsy site. This bruising and any marks left on the breast should resolve within a few weeks.

**Wound care:**

- Your skin incision was covered with (checked):
  - Dermabond - The film usually remains in place for 5 to 10 days, and then naturally falls off. Do NOT pick or scratch at it and do NOT put any creams, oils, liquids or ointment-based medications on it. Please follow the Dermabond wound instructions.
  - Steri-strips - Do NOT remove the steri-strips. They will fall off on their own. If they are still in place after 7 days, you may remove them.
- Keep the biopsy site clean and dry.
- Place an ice pack (which we will provide) inside your bra, on top of the dressing for 1 hour after the biopsy. Then, alternate ½ hour on and ½ hour off for another 4 to 6 hours, placing the ice pack in the freezer between applications.
- If you experience bleeding, please sit or lie down, and apply continuous direct pressure over the incision site for 15-30 minutes. If your incision is covered with steri-strips, apply new ones if needed and cover with a fresh dressing.
- Check the biopsy site daily. If you develop excessive pain, bleeding, swelling, drainage, redness, the area is warm to the touch or you have a fever greater than 100.5°F, call us at Midwest Breast Care at **314-567-4449** or call your doctor. On nights, weekends or holidays, contact one of the Midwest Breast Care radiologists below, call your doctor, or visit a hospital emergency department. The radiologist performing your biopsy was:

Karen F. Goodhope, M.D. Cell: 314-703-8121

Paula Y. George, M.D. Cell: 314-807-6876

**Medications:**

- If you are on Aspirin or Plavix, you may resume it 2 days following the biopsy (if no signs of bleeding). If you are on Coumadin (Warfarin), you may resume it the day following the biopsy (if no signs of bleeding).
- If you need medicine for discomfort, you may take Tylenol or Ibuprofen (Advil or Motrin), if allowed by your doctor. Do NOT take aspirin for 2 days after the biopsy.

**Phone Call Follow up and Obtaining Pathology Results:**

- We will call you on the following business day after your biopsy to see how you are doing. If you miss our call, please call us back at Midwest Breast Care at 314-567-4449 and let us know how you are feeling.
- Tissue taken during the biopsy is sent to a pathologist and results are usually available within 48 working hours.
  - You will receive your results from the MWBC radiologist.
    - Please call MWBC on \_\_\_\_\_
    - Please return to MWBC on \_\_\_\_\_
  - You will receive your results from Dr. \_\_\_\_\_. Please call your doctor on the 3<sup>rd</sup> business day after the biopsy, if you haven't yet received the results.

*We appreciate the opportunity to care for you.*