



## PATIENT & CAREGIVER EDUCATION

# Caring for Yourself After Your Image-Guided Breast Biopsy

This information will help you care for yourself after your ultrasound, magnetic resonance imaging (MRI), or stereotactic (STAYR-ee-oh-TAK-tik) breast biopsy.

## Caring for the biopsy site

Follow these guidelines after your procedure.

- Keep the bandage on the biopsy site until the day after your biopsy.
- Leave the Steri-Strips™ (thin strips of paper tape) on the biopsy site. If they do not fall off on their own in 3 days, you can take them off.
- You can shower 24 hours (1 day) after your biopsy. Take off your bandage before showering but leave the Steri-Strips in place. Let the shower water run over the biopsy site. When you're done, gently pat the site dry with a clean towel.
  - You do not need to put another bandage on the biopsy site after you shower, unless there's any drainage. If there's drainage coming from the site, cover it with a clean bandage (Band-Aid®).
- You may have some swelling and bruising after your biopsy. If you do, put an ice pack on the biopsy site for 10 to 15 minutes at a time. Do this a few times during the first 24 to 48 hours (1 to 2 days) after your procedure. It will help reduce swelling. The swelling and bruising should go away in about 1 week.
- If the biopsy site is bleeding, press firmly on it with a gauze pad until the bleeding stops. If the bleeding becomes heavy or does not stop, call your healthcare provider.

- Wear a tight-fitting bra to help support the biopsy site and make you feel more comfortable. Your radiologist will tell you if you need to wear any special type of bra after your biopsy.
- For 3 days after your biopsy, do not:
  - Lift anything heavier than 5 pounds (2.3 kilograms).
  - Do any strenuous (heavy) exercises, such as running or jogging.
  - Bathe, swim, or soak the biopsy site under water. You can shower 24 hours after your biopsy.
- You should get your biopsy results 3 to 5 business days (Monday through Friday) after your procedure.

## Taking medicine

- If you have pain after your biopsy, you can take acetaminophen (Tylenol®). Take it the way your healthcare provider tells you to.
- Avoid taking nonsteroidal anti-inflammatory drugs (NSAIDs) for pain, such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®). They can cause bleeding.
- You may be taking medicine to thin your blood, such as aspirin or other blood thinners. If there's little or no bruising or bleeding at the biopsy site, you can take it after your procedure on the same day. Talk with your healthcare provider if you have any questions.

## When to call your care team

Call the Breast Nursing Care Team at 646-888-5297 if:

- The breast where you had the biopsy is getting larger.
- You have bleeding or tenderness at the biopsy site that you're worried about.
- You have any questions or concerns about how to care for yourself after your biopsy.

You can reach a member of the Breast Nursing Care Team Monday through Friday, from 8 a.m. to 6 p.m. Outside those hours, call the healthcare provider who ordered your biopsy. If this is an MSK breast surgeon, you may leave a message or follow the prompts to talk with the breast surgical fellow on call.

If you have any questions about your biopsy, call the site where you had the biopsy. See the list below for site numbers. You can talk with a radiologist or breast imaging specialist during normal business hours.

#### **Manhattan:**

- MSK Evelyn H. Lauder Breast Center (also called the Breast and Imaging Center): 646-888-5297
- MSK Ralph Lauren Center: 646-608-0108 or 646-608-0152

#### **Long Island:**

- MSK Commack: 631-212-6173 or 631-212-4306
- MSK Nassau: 516-559-1133 or 516-559-1137

#### **Westchester:**

- MSK Westchester: 914-367-7069 or 914-367-7534

#### **New Jersey:**

- MSK Basking Ridge: 908-542-3407 or 908-542-3002
- MSK Bergen: 201-775-7144
- MSK Monmouth: 848-225-6035 or 848-225-6037

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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