

## After Care for Breast Core Biopsy

This handout will review how to care for yourself after a breast core biopsy. If you took anti-anxiety medicine before this procedure, do not drive until medicine effects have worn-off. Do not drink alcohol, take muscle relaxants, or mood-altering medicines for 24 hours.

### Site Care

- Apply ice for 20-30 minutes at least 3 times the day of the biopsy. Then, use ice as needed to reduce swelling and pain.
- Wear a support bra, like a sports bra, for 24-48 hours.
- You may remove the gauze bandage over the biopsy site the next day. You will have thin strips of tape or Steri-Strips over the site. These will loosen and come off on their own in about 5 days. If they are still in place after 5 days, you may gently peel them off.
- You may shower the next morning. Do not soak in a bath or pool for 48 hours.

### Pain

You may have some pain and bruising. It should go away in about a week. You may take Tylenol® for the first 24 hours if you do not have liver problems. You may resume taking aspirin or ibuprofen 24 hours after the biopsy (if no signs of bleeding) or as directed by your doctor.

### Blood Thinners

Ask your doctor when you can resume taking Coumadin®, aspirin, or other blood thinners.

### Activity

Avoid forceful arm movements and heavy lifting for the first 24 hours. You may resume your normal routine the next day or as directed by your doctor.

### Results

Your biopsy results should be ready in 3-4 working days. Your doctor or the Breast Center staff will call you with your results.

### When to Call

- Fever over 100.4° F for two readings taken 4 hours apart
- Increased swelling, firmness, redness or warmth
- Pus around the site
- Heavy bleeding from the site

### Who to Call

Call your doctor or the Breast Center if you have questions or concerns about your care.

UW Health Breast Center at the Clinical Sciences Center (Highland Avenue)  
Monday-Friday, 8:00 am to 4:30 pm  
**608-266-6400**

After hours, call **608-262-2122**. Ask for the radiologist on call. Give your name and number with the area code. The doctor will call you back.

Breast Center at 1 S Park Medical Center  
Monday-Friday, 8:00 am to 4:30 pm  
**608-282-8190**

After hours, call **608-417-6000**. Ask for the radiologist on call at Meriter/Unity Point Hospital.