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POST BIOPSY INSTRUCTION SHEET

No strenuous activity (no exercising, golf, tennis, swimming, shoveling, raking, heavy lifting or cleaning, etc.) for two days after the biopsy. Please use common sense; if you are not sure if you should do it, then don't do it. You can go to work if not strenuous, drive, go out for dinner, go shopping, have wine, etc.

Please keep the skin biopsy site covered with the steri-strip bandages for 3 days after the biopsy. If the steri-strips happen to fall off before the 3 days, then you can apply bacitracin, Neosporin or polysporin antibacterial ointment if you wish.

You can shower 24 hours after the biopsy, but no bathing or soaking your breast in water until the incision has fully closed. Please leave the steri-strips on while you are showering. You can pull off the steri-strips in 4 days if they don't fall off.

It is expected that there will be a bruise (black and blue) at the biopsy location for several days or even several weeks. You may feel "some lumpiness" in the biopsy site from the bruising. The color of the bruise will start off being purplish-red then turn into yellowish-green.

If you notice any redness, swelling or any signs of infection at the biopsy site, please call our office immediately. Also, if bleeding should occur, you should lie flat on your back and hold constant pressure for 20 minutes. Repeat this process if necessary until bleeding stops.

Please take Tylenol for tenderness. Ice pack to the area for no more than 15 minutes at a time may help during the first 24 hours. If Tylenol does not work for you, then you may take Advil or Ibuprofen after 2 days. The tenderness should decrease over time.

In the event of an emergency, or if you need to reach the Radiologist during the workday, please call (973) 509-1818. During the evenings or weekends you can call the emergency service number for Montclair Breast Center at (888) 333-5163 or directly call your Radiologist below.

Patient Signature

Date _____

Dr. Melissa Lee (917) 514-9789

Dr. Gail Quackenbush (201) 694-0674

Dr. Stacey Vitiello (917) 733-5650

Technologist Initials: _____