



Carol M. Baldwin Breast Center
 3 Edmund D. Pellegrino Road
 Stony Brook, NY 11794

BREAST BIOPSY DISCHARGE INSTRUCTIONS

Activity

- No heavy lifting and no strenuous activities for 48 hours.

Wound Care

- Wear a bra all the time for 24-48 hours, even to sleep at night.
- Do not wet Steri-Strips for 24 hours.
- Leave Steri-Strips on for 5-7 days. Take off Steri-Strips after 1 week.
- Keep the area clean and dry.
- Apply an ice pack to the breast biopsy site as often as possible for the first 12 hours (or until bedtime if you are not having any problems). We suggest 30 minutes on and 30 minutes off.
- Keep pressure dressing in place for the first 24 hours.

Expect

- Mild discomfort and bruising
- You may take Tylenol (acetaminophen) if needed. Do not take aspirin or non-steroidal anti-inflammatories such as aspirin, Advil/Motrin (ibuprofen), Aleve (naproxen sodium), or certain arthritis medications unless prescribed by your primary doctor.

CALL RADIOLOGY NURSE (Monday-Friday from 7:30 AM-4:30 PM) AND YOUR DOCTOR IF YOU DEVELOP ANY OF THESE PROBLEMS:

- A large amount of swelling
- Temperature above 100 degrees Fahrenheit
- Redness at the biopsy site
- Severe pain at the biopsy site

Nurse phone number: (631) 216-8119

*****IF AFTER 4:30 PM AND ON WEEKENDS AND HOLIDAYS, GO TO THE NEAREST EMERGENCY ROOM.**

IF YOU DEVELOP ANY BLEEDING, APPLY DIRECT PRESSURE AT THE BIOPSY SITE FOR 20 MINUTES. IF THE BLEEDING PERSISTS OR BECOMES EXCESSIVE, GO TO THE NEAREST EMERGENCY ROOM.

You will receive a post-procedure mammography letter in the mail. This is for informational purposes only and is required by the FDA.

I have received and understand the discharge instructions.

Patient Signature: _____ Date: _____ Time: _____

Nurse Signature: _____ ID: _____ Date: _____ Time: _____

Documentation of Interpreter or Special Assistance

An interpreter or special assistance was used to obtain consent from this patient as follows:

Interpreter: _____

Vendor Interpreter ID#: _____

Special Assistance: _____

Patient Declined or Refused Interpreter Services: Yes No Reason: _____