

Activity instructions

POST BIOPSY INSTRUCTIONS:

1. Use an ice pack wrapped in a towel or washcloth for 1-2 hours (20 minutes on, 20 minutes off, and 20 minutes on) to help with swelling. Use new ice as needed for the first 24 hours. After 24 hours, a heating pad can help with pain.
2. No strenuous activity and no lifting more than 5 pounds (2-liter soda bottle) with the same arm as your biopsy side for 48 hours.
3. You may want to wear a sports bra to bed tonight for comfort.
4. Take Tylenol (acetaminophen) for pain if needed, but do not take Tylenol if your primary care provider has told you not to take Tylenol. Do not take aspirin-containing products or non-steroidal products (such as ibuprofen, known as Advil or Motrin, or naproxen, known as Aleve) for the next 2 days.
5. Keep the biopsy site covered with the bandage and dry for 48 hours (2 days). No showering, bathing, or swimming. You may shower in 2 days without using soap on the wound. Just let the water fall over the biopsy area and gently pat dry with a clean towel.
6. Watch for bleeding or signs of infection (redness, swelling, increasing pain, or a fever). If you have bleeding that does not stop after holding firm pressure for 10 minutes or signs of infection, please call your primary care provider or the breast imaging clinic Monday-Friday 8am-5pm at (984)-974-8762. If the office is closed, seek medical attention at the nearest Urgent Care or Emergency Department.
7. Your pathology results from your breast biopsy will be available on *My Chart* in 3-5 days. If you do not feel comfortable getting your results from *My Chart*, please call your primary care provider or the UNC Breast Imaging Clinic at (984)-974-8762 if you have any questions, Monday-Friday 8am-5pm.
8. The radiologist will look at your biopsy results and your breast imaging to decide the next step. Depending on the results, the radiologist may recommend you 1) resume screening mammogram; 2) have a short-term follow up mammogram, ultrasound or MRI; or 3) talk to a breast surgical provider. If you need to talk to a surgical provider, a surgery team member will call you to schedule an appointment. If you have questions about a surgery appointment, please call (984)-974-8116.