



## AFTER YOUR BREAST BIOPSY PROCEDURE

- Apply an ice pack to the affected area every 1-2 hours for 10 minutes at a time. Continue this icing process until you go to bed tonight
- Take only Tylenol for pain
- Do not be alarmed if you notice some blood coming from the nipple, this is a normal occurrence
- Do not expect some bruising and tenderness in the area
- Watch closely for any sign of infection such as redness, swelling of the breast, or pus coming from the nipple. Although unlikely to occur, contact your family doctor if you notice any of these changes
- Leave the bandaid on for 24 hours. Change it in between if necessary

For the next 24 hours, **AVOID** the following:

- Any heavy lifting
- Soaking in a bath, hot tub, etc.
- Taking aspirin or ibuprofen (i.e. Advil) as these can make bruising worse