



Postoperative Instructions for Needle Biopsy

A clear plastic waterproof dressing is applied over the small incision used for biopsy. You may shower with this dressing on but do not submerge the dressing in water such as in a bath or a pool. Remove the plastic dressing (and gauze if present) three days after the biopsy and continue to shower only for next two weeks. There will be some tape strips (steri-strips) covering the incision line that should stay in place for another several days. It is not a problem if the steri-strips peel off prematurely when the overlying dressing is removed. If the skin incision is slightly open after the steri-strips are removed, dress the wound with Neosporin and a band-aid each day until it is healed.

Some bruising of the breast will occur from the biopsy. Also, a small amount of bloodstaining of the dressing is acceptable. Watch for signs of infection (fever, redness, pus, or increasing pain/tenderness) at wound site. Postoperative antibiotics are not routinely prescribed after biopsy but would be indicated if signs of infection were noted.

Many women find it more comfortable to apply gentle, firm pressure to the breast after the biopsy and have less discomfort when wearing a good support or sports bra. On the other hand, some women prefer no pressure on the incision site which is also acceptable. The discomfort associated with the biopsy usually lasts only a few days. Although you may resume normal activity and treadmill/walking immediately, it is recommended that you wait a week before resuming more strenuous activity such as aerobics, jogging, heavy lifting, etc.

Although you may have been provided a prescription for a narcotic pain medication, most patients do well with just Tylenol, aspirin, Advil, or Aleve and do not fill the prescription. If you do take a narcotic for pain medication, be aware that it may cause nausea with possible vomiting in some patients. If this occurs, stop taking the narcotic and switch to Tylenol, aspirin, Advil, or Aleve (if you are not allergic). Narcotics can also cause constipation and increasing your water intake can help avoid this problem. If you become constipated (no bowel movement for three days), you may use an over-the-counter laxative such as Ex-Lax, Correctol, Milk of Magnesia, or Dulcolax suppository.

Schedule a follow-up appointment with our office in about seven to ten days after the biopsy for a recheck of the wound. We will call you with the results of the biopsy as soon as they are available which is usually within two business days from the time of the biopsy.

If you have any medical questions, please call our nurse at 265-7966.



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