After Care for Breast Core Biopsy

Radiologist who performed the procedure: Dr. __________________

If you have questions or concerns about your care, please call the following numbers. Normal working hours are Monday through Friday, 8:00 a.m. to 4:30 p.m.

UW Health Breast Center at the Clinical Sciences Center (Highland Avenue):
Normal working hours: 608-266-6400
After hours and weekends, call (608) 262-2122. This will give you the paging operator. Ask to speak to the radiologist on call. Give the operator your name and phone number with the area code. The doctor will call you back.

UW Health Breast Center at 1 S Park Street:
Normal working hours: 608-287-2050
After hours and weekend, call 608-417-6000. Ask to speak with the radiologist on call at Meriter/Unity Point Hospital.

For medical emergencies, call 911.

- We suggest that you wear a supportive bra for 24-48 hours. A sports bra works well.
- To protect the biopsy site, a gauze bandage will be placed over it. You may remove the gauze bandage the next day. Thin strips of tape or Steri-Strips are placed over the biopsy site. These will loosen and come off on their own in about a week. If they are still in place after a week, you may gently peel them off.
- You may shower the next morning. Do not soak in a bath or pool for 48 hours.

3. Reasons to call: If any of these symptoms occur, call the Breast Center or your doctor.
   - Temperature over 100.4° F for two readings taken 4 hours apart
   - Significant swelling, firmness, or warmth
   - Increased redness
   - Pus around the site
   - Heavy bleeding from the site

4. Comfort: You may have some discomfort and bruising. It should go away in about a week. If you need something for discomfort, you may take Tylenol® for the first 24 hours if you do not have liver problems. You may start taking aspirin or ibuprofen 24 hours after the biopsy (if no signs of bleeding) or as directed by your doctor.

5. Activity: Avoid forceful arm movements and heavy lifting for the first 24 hours. You may resume your normal routine the next day or as directed by your doctor.

6. Blood Thinners: If you take Coumadin®, aspirin, or other blood thinners, most patients can resume these the evening of the biopsy. Check with your doctor for specific instructions.

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If you took an anti-anxiety medicine before this procedure, do not drive until medicine effects have worn off. Do not drink alcohol, take muscle relaxants, or mood-altering medicines for 24 hours.

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1. Results: Your biopsy results should be ready in 3-4 working days. Your doctor or the Breast Center staff will call you to discuss your results.

2. Care of the site:
   - Apply ice to the area for 20-30 minutes at least 3 times the day of the biopsy. After that day, use ice as needed. This will help to reduce swelling and pain.
“If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.”

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5922