



Hackensack
Meridian Health

**WOMEN'S CENTER
MRI/STEREOTACTIC/CORE BIOPSY
POST PROCEDURE INSTRUCTIONS**



OP5208

70308-013CX (11-19-18)

PATIENT LABEL

Biopsy Performed: _____ Date: _____

Radiologist: _____

Keep dressing dry for 48 hours...do not shower, bath, soak or swim. Remove the dressing when you are ready to shower/bathe after 48 hrs.

Do not remove steri- strips. Keep in place for 5 days. If they fall off before 5 days, use clean, dry band aid to cover incision. Do not use antibiotic ointments/creams.

Wear a comfortable, snug bra or sports bra for 48 hrs preferably without an under wire. This is to assist in the healing process by decreasing movement.

You may experience some mild discomfort or bruising. This is common and should resolve within a few weeks.

- a. You may take Tylenol/Tylenol Extra Strength for pain/discomfort.
- b. Do NOT take any ASPIRIN or aspirin products for 3 days after biopsy, including: Ibuprofen, Advil, Motrin, and Aleve.
- c. ***Check with your prescribing physician to determine when it is safe to resume taking your medications.** Do NOT take any medications containing anti-coagulating qualities for 3 days after procedure. Some examples are; Coumadin*, Plavix*, Vitamin E, Fish Oil and Ginko-Biloba.
- d. Apply ice packs over the dressing to relieve inflammation and discomfort.

You should avoid strenuous activity for 48 hrs...NO lifting anything over 5 pounds or exercise, no vacuuming. No jogging or running for next 3 days; only light activities such as computer work.

Specific signs or symptoms to watch for:

- a. Fever over 100.4 degrees by mouth.
- b. Increased redness, warmth, hardness, worsening pain around the biopsy area
- c. Drainage from biopsy area
- d. Blood soaked dressing—apply firm pressure to site for 15 min and then check to see if bleeding stops.

If you have any questions during routine business hours, contact a nurse in the Women's Center where you had your procedure: Riverview Women's Center: 732-530-2308 / Bayshore Women's Center: 732-497-1870

After hours, in an emergency situation, please call either the Riverview Emergency Department at (732) 530-2204 or the Bayshore Emergency Department at (732) 739-5924 or go to your nearest emergency facility.

Biopsy results usually require 48 to 72 business hours to be completed. The Women's Center staff will contact you when final results are received. The nurse will also contact you 1-3 days after your biopsy should you have any questions or concerns.

Instructions provided by: _____ Date: _____ Time: _____ AM / PM

I have received and understand these instructions:

Patient Signature: _____ Date: _____ Time: _____ AM / PM