

CARE AFTER CORE BIOPSY AT THE OFFICE

1. Place an ice pack inside your bra, on top of dressing 4 to 6 hours, 30 minutes on and 30 minutes off.
2. Do not shower or bathe for 24-hours. You may bathe with the steri-strips (tape) in place on your skin. If the tape comes off, it does not need to be replaced.
3. Leave the pressure dressing on for 24-hrs. Expect some drainage on the dressing.
4. You will probably have mild discomfort and you may have slight bruising on the area where the needle entered the skin.
5. If you feel you need to take something for the discomfort you may take **TYLENOL ONLY. DO NOT TAKE ASPIRIN** or Anti inflammatory agents like aleve or advil.
6. Do not participate in strenuous activities for 24-hours. (I.E. no heavy lifting, sports or exercising).
7. You may return to work the next day after your procedure.
8. One week after your procedure, you may remove the steri-strip (tape).
9. Watch for extensive bleeding or pain. For bleeding, hold pressure for 30 minutes. If either occurs, contact Dr.Sachedina's office at (407) 740-5127.
10. Expect drainage on the ace wrap if one is placed since this is a sutureless biopsy. **DO NOT REMOVE OR ALTER YOUR ACE WRAP FOR 24- HOURS.**
11. Wear your bra during the day and night.
12. Follow-up with Dr. Sachedina at the follow up appointment given to you when you left our office.