

## **Kathy Plessner, MD PLLC**

### **POSTBIOPSY INSTRUCTIONS**

You have just had a breast biopsy. You will likely experience some bruising of the breast and you may develop a small 'lump' which should disappear after a week or two. Please do the following to minimize bruising:

-Please wear a tight bra such as a sports bra for the next few days, including the first night after the biopsy.

-Place an ice pack on the area of the biopsy to reduce swelling during the first 24 hours after the procedure. Alternate the ice pack on and off every 15 minutes.

-There may be minimal bleeding from the biopsy site. If so, apply firm pressure to the area for 15 to 20 minutes. If bleeding persists, please call me.

-You may experience tenderness or some pain. TYLENOL is the only acceptable over the counter medication for any discomfort related to the procedure. DO NOT TAKE Advil, Aleve, Aspirin, Motrin, or blood thinners for 4 to 5 days following the procedure as they cause bleeding.

-If you notice any signs of INFECTION such as redness, warmth, or pus please call me immediately.

-Please do not shower for the next 24 hours as it is important to keep the biopsy area dry. Leave the Steri-strips in place until they fall off on their own. This generally takes around 7 days. If they fall off prior to this and the skin incision looks closed, a band-aid may be placed.

-Please DO NOT EXERCISE for 2 to 3 days following the procedure.

You will be notified of the results of the biopsy within a few days. Recommendations will be made based upon the outcome of the pathologic evaluation.

**If you have any questions, please call (212) 744-2293 during office hours, or for emergencies you can call (516) 637-9135 (mobile).**