

Core Needle Breast Biopsy

Discharge Instructions

After your procedure:

- Apply ice pack wrapped in towel over your incision site alternating every 20 minutes on and off for the first 24 hours. Do not apply ice pack directly to skin.
- Wear a regular bra or sport bra for support for the first 24 hours.
- You may take Tylenol (acetaminophen) for pain as needed. Avoid taking any NSAIDS for the next 3 days unless discussed with your doctor. If you held any medications prior to your procedure, check with the ordering doctor about when to restart your medication. You may remove the gauze and tape dressing the next day. If there are steri strips, please leave them in place. They will fall off on their own.
- You may notice bruising, a lump at the biopsy site or skin discoloration on your breast or around the biopsy site. This is expected and will go away.
- If you experience any bleeding at the biopsy site, hold firm pressure for 20 minutes as reviewed by the nurse.
 - If the bleeding does not stop, please call the office or go the nearest Urgent Care or Emergency Room.

Test Results:

Your biopsy results will be available after 3-5 business days. New regulations under the CURES Act require healthcare facilities to release results immediately. You may have access to results before your doctor has had time to review them. Please allow 2 business days for your doctor's office to contact you with next steps.

If you have any questions, please call the Breast Care Center

Florham Park- (973) 404-9945

New Providence- (908) 277-8770

Sparta (973) 437-2670