

Ottawa Regional
WOMEN'S BREAST HEALTH CENTRE



"A Partner in Breast Health"

Following a Breast Biopsy



THE OTTAWA HOSPITAL – CIVIC CAMPUS
Grimes Lodge, 5th Floor
200 Melrose Avenue, Ottawa, Ontario
Canada K1Y 4K7

Tel: (613)761-4808 Fax: (613)761-4405



An Ontario Breast Screening Program Affiliate

How should I care for myself?

You should expect only a scant amount of bleeding, or none at all, after the biopsy. If you notice swelling or enlargement of your breast, or any blood soaking through the bandage, immediately apply firm pressure to your breast for 10 minutes.

The local anaesthetic will wear off in a few hours and you may experience a tingling sensation or some discomfort in the breast. You may take one or two Tylenol every three to four hours, if needed, for pain. Avoid aspirin-containing drugs (ASA) for 2 days.

Keep a bandage in place for 4 days. You may shower the day after your biopsy.

What should my activity be?

You should avoid strenuous movement of the arm on the side of the biopsy; i.e. heavy lifting, tennis, golf or aerobics for 48 hours. You may then resume normal activity.

What should my diet be?

There are no restrictions on diet.

When should I notify my doctor or radiologist?

- Persistent or heavy bleeding, swelling or enlargement of breast
- Pain uncontrolled by the above recommended pain medication.

- Signs of infection such as redness, swelling or discharge from the needle biopsy site.



If you have any questions or problems, please call the Women's Breast Health Centre at 761-4808.

My Radiologist

My Technologist

Notes
