



## POST STEREOTACTIC BIOPSY INSTRUCTION SHEET

1. After arriving home please use the ice pack provided over the steristrip bandage. Continue this for the rest of the evening alternating 20 minutes on and 20 minutes off.
2. **Do not remove the steristrip dressing.** When taking a bath or shower do not get the area wet at least for the first 24 hours.
3. The steristrips will be removed when you return within one week for your follow-up visit.
4. You may have discomfort and you may have a small amount of bruising. This is normal.
5. If you need medication for the discomfort, take Tylenol. Do not take aspirin or Ibuprofen (i.e. Advil, Nuprin or Motrin) for 24-48 hours after the procedure.
6. Do not participate in strenuous activities for 24 hours – tennis, golf, aerobics, weight-lifting, swimming, skiing, etc.
7. Watch for excessive bleeding, pain or fever. Apply firm pressure and ice if there is bleeding. If the bleeding continues and/or any of the above symptoms occur, contact your doctor. If you have any questions regarding your procedure, please feel free to contact this office at 212-590-5500, Option 1, and ask for mammography technologist.
8. For several days or even a couple of weeks, you may have a little tenderness, “twinges” and a little lump where the needle went into the skin. This can be bothersome, but it is normal. Warm compresses may make this feel better (Do not use a heating pad). Usually this will disappear completely with a little time.
9. Your biopsy results should be available in 4-5 business days. Contact your referring physician for your biopsy results.