

# After Breast Needle Core Biopsy: At-Home Instructions

1. Do not participate in strenuous exercise or activity for the rest of the day. Wait until the next morning.
2. Leave the pressure dressing in place until the next morning. At that time, it may be removed and you may shower or bathe as usual.
3. Place an ice pack over the dressing if there is discomfort or bleeding after the biopsy. You may take a non-aspirin pain reliever such as Tylenol®.
4. If there is any bleeding from the biopsy site, apply firm pressure with 2 fingers **over the bandage**.
5. If you have moderate to severe bleeding or pain after your biopsy, contact the Breast Clinic at **716-845-3152**. The clinic is open 8 a.m. to 5 p.m. After hours, call **716-845-2300** or toll free at **1-800-ROSWELL (1-800-767-9355)** and our Call Center or nurse triage staff will assist you. If it is determined you need to be seen, you may be asked to come to our Assessment & Treatment Center (ATC), which is open 24/7. You need to be referred to the ATC by your Roswell Park provider (or the provider on-call); it is not a walk-in clinic.

## How You Will Get Your Results

- Dr. \_\_\_\_\_ will call you with your results within a few days.
- You will be getting your results from Dr. \_\_\_\_\_ at the Breast Clinic on

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