



**Medical Imaging Department  
Ultrasound Unit  
Ultrasound Guided Biopsy of the Breast**

**You have just had a biopsy of the breast.**

1. **Bruising and Soreness:** We try to minimize this by applying firm compression and an ice pack immediately following the procedure. If you have discomfort in the evening following your biopsy you may apply an ice pack and take Tylenol (Aspirin and ASA-containing analgesics should be avoided for 24 hours). Wearing your bra can also help relieve the discomfort.
2. It is recommended that you avoid exertional activities such as aerobics and jogging for 48-72 hours to minimize bruising and tenderness.
3. We have applied a band-aid and a tegaderm patch to keep the biopsy site dry. You may remove this after 3 days and replace it with a fresh band-aid for 2-3 days.
4. **Infection:** We would like you to keep an eye on the biopsy site and if you see redness, swelling, or discharge from the biopsy site you should contact your doctor.
5. **Nipple discharge:** Bloody, black or clear nipple discharge can sometimes be seen following the procedure. It is not an indication to contact your doctor.
6. Your doctor should have the results within a week.