Care After a Breast Biopsy

When will I know the results?
Your referring physician will receive a pathology report usually between 7 to 10 working days.

How should I care for myself?
You should expect only a scant amount of bleeding, or none at all, and some bruising after the biopsy. If you notice swelling or enlargement of your breast, or any blood soaking through the dressing, 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. You may place an ice pack on the affected area.

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

If you feel a lump at the biopsy site, do not be concerned. This is part of the biopsy process.

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?
- Persistant 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 613-761-4400. Monday to Friday, 8am - 4pm. If you have an emergency outside of these hours, please go to your nearest emergency department.

My Radiologist

My Technologist

Notes