

Breast Imaging Suite

*Concord Hospital Campus
Pillsbury Building
248 Pleasant St., Suite 106
Concord, NH 03301
603.415.2902*

CIC Pillsbury

*Concord Hospital Campus
Pillsbury Building
248 Pleasant St., Suite 102
Concord, NH 03301
603.225.0425*

CIC Horseshoe Pond

*Medical Offices at
Horseshoe Pond
60 Commercial St., Suite 101
Concord, NH 03301
603.415.9444*

www.concordimagingcenter.com

INSTRUCTIONS AFTER THE BREAST BIOPSY

MAINTAIN COMFORT

A small amount of tissue has been removed from your breast. You may experience discomfort following the procedure. If needed, you may take acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) as indicated on the bottle. Wearing a sports bra or a good supportive bra for 48 hours may also keep you comfortable. You will be sent home with an icepack; please apply the ice intermittently to the breast (20 minutes on and 10 minutes off) for the rest of the day. This will decrease breast swelling and assist in your comfort.

LIMIT ACTIVITY

Refrain from strenuous upper extremity activity for the next 24 hours such as washing dishes, laundry, gardening, cooking, etc. Refrain from strenuous physical workouts for at least 5 days.

WATCH YOUR DRESSING

Please keep your outer dressing dry for 48 hours and the underlying Steri-Strips™ on until you see your surgeon. If after 5 days, these Steri-Strips™ may be removed.

WATCH FOR BLEEDING

If your dressing is being saturated with blood, apply direct pressure to the site for 15 to 20 minutes; it should stop. At that point you may change the dressing. Please seek medical attention if you are unable to stop the bleeding. During business hours you should contact your surgeon. After business hours you should go to the nearest emergency room.

WATCH FOR INFECTION

Signs of infection include redness or warmth at the biopsy site, fever, or pain that worsens with time. Contact your surgeon if these symptoms occur.

RESULTS: You will receive your results from your surgeon at your follow-up appointment.