

**BREAST CARE****Minimally Invasive Breast Biopsy Instructions**

You are scheduled for your procedure on \_\_\_\_ / \_\_\_\_ / \_\_\_\_ at \_\_\_\_\_

**PRE-PROCEDURE:**

- If you take aspirin or blood thinning medication it is very important to speak with your prescribing Provider for special dosing instructions to follow prior to and after your scheduled procedure
- Make sure your recent Mammography CD'S have been given to the Provider before your procedure

**MORNING OF THE PROCEDURE:**

- Eat a normal diet
- Wear comfortable clothes. We suggest wearing a sports bra, loose pants and a loose or button up shirt
- Take regular medications. \*If you take aspirin or blood thinning medication, special dosing instructions need to be followed from your prescribing Provider
- Do not use underarm deodorant or powder
- Do not wear jewelry
- Report to the following imaging center you are scheduled at circled below:
  - 2<sup>nd</sup> floor, Imaging Center, 150 Park Ave Florham Park
  - 1<sup>st</sup> floor, Imaging Center, Bensley Pavilion, 1 Diamond Hill Rd, Berkeley Heights

**AFTER YOUR PROCEDURE:****After your procedure:**

- Apply an ice pack wrapped in towel over your incision site alternating every 20 minutes on and off for the first 24 hours. Do not apply ice pack directly to skin.
- Wear a regular bra or sports bra for the first 24 hours. Whichever is more comfortable.
- You may take Tylenol (acetaminophen) for pain as needed. Avoid taking any NSAIDS for the next 3 days unless discussed with your doctor. If you held any medications prior to your procedure, check with the ordering doctor about when to restart your medication.
- Keep the incision site clean and dry. Avoid taking a shower until the day after your procedure. You may remove the outer dressing the next day. If there are steri strips , please leave them in place. They will fall off on their own.
- You may notice bruising, a lump at the biopsy site or skin discoloration on your breast or around the biopsy site. This is expected and will go away.
- If you experience any bleeding at the biopsy site, hold firm pressure for 20 minutes as reviewed by the nurse.
  - If the bleeding does not stop, please call the office or go the nearest Urgent Care or Emergency Room.

**If you have any questions, please call the Breast Care Center at**

*Florham Park- 973-404-9945*

*Livingston- 973-404-9945*

*New Providence- 908-277-8770*

*Sparta- 973-437-2670(973) 437-2670*

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