



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 the last 3 years of your imaging 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
- Do not use underarm deodorant or powder
- Do not wear jewelry
- Take regular medications.
 - If you take aspirin or blood thinning medication, follow special dosing instructions
- Report to the following imaging center you are scheduled at circled below:
 - 3rd floor, Imaging Center, 890 Mountain Ave, New Providence
 - 2nd floor, Imaging Center, 150 Park Ave Florham Park
 - 2nd Floor, Imaging Center, 375 Mount Pleasant Ave, West Orange
 - 2nd Floor, Imaging Center, 1255 Broad Street, Clifton

AFTER YOUR PROCEDURE:

- Apply an ice pack wrapped in towel over your incision site alternating every 20 minutes on and off until bedtime.
 - Do not apply ice pack directly to skin.
- Wear a supportive bra for the first 24 hours.
- You may take Tylenol (acetaminophen) for pain as needed.
 - No Motrin/Advil/Naprosyn for the next 3 days unless discussed with your doctor.
- If you held any medications prior to your procedure, check with the ordering doctor when to restart.
- Keep the incision site clean and dry.
 - You may shower tomorrow.
 - 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, or skin discoloration on your breast. This is expected and will go away.
- If you experience any bleeding at the biopsy site, hold pressure over the ENTIRE breast for 20 minutes.

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

Clifton - (973) -327-9585

New Providence- (908) 277-8770

Florham Park- (973) 404-9945

Sparta - (973) 437-2670

West Orange - (973) 339-5540