

BIOPSY EDUCATION CHECKLIST

Patient Name: _____

Appointment Date: _____

Procedure: _____

- ☐ Patient instructed on procedure.
- ☐ Consent for procedure completed.
- ☐ Post-biopsy instructions reviewed with understanding.

Post Biopsy Instructions

1. Apply ice packs over the biopsy site for 20-minute intervals every 2 – 3 hours for the first 24 hours after your procedure. This will help to reduce any discomfort, swelling, and bruising.
2. The biopsy site is a small incision covered by Steri-Strips™ and a gauze pad. **After 24 hours**, remove the gauze and leave the Steri-Strips™ on your biopsy site. Do not rub or peel them off, the strips should fall off on their own. If the strips remain after 7 days, you can remove them.
3. After the gauze pad is removed, you can shower and get the Steri-Strips™ wet with soap and water. Let the water run over your biopsy site, do not scrub at the area. Gently pat the area dry with a clean towel. Avoid taking a bath, sitting in a hot tub, or swimming for 7 days. You do not need to put another bandage on your biopsy site after you shower unless there is drainage. If there is drainage, place a clean bandage (Band-Aid®) over your biopsy site.
4. Slight discomfort, swelling, and bruising at the biopsy site is normal. You may find it difficult, at first, to lift your arm. Any bruising and/or swelling should resolve on its own in about a week.
5. Limit strenuous exercise and heavy lifting for 3 days post procedure to support healing.
6. Wear a supportive bra (like a sports bra) to help support your biopsy site and make you feel more comfortable.
7. If not otherwise contraindicated based on your medical history, Acetaminophen (Tylenol®) may be used for pain.
8. Signs and symptoms to report include fever, chills, redness, increased swelling, bright red (active) bleeding, unusual drainage and/or worsening pain. These symptoms should be reported to your referring physician and to the Radiology department at **646-962-7057**. Any post-procedure questions should also be directed to this number.
9. If you have taken an anti-anxiety medication (i.e., Valium, Ativan, Xanax) prior to your biopsy, you should not drive for 12 hours.
10. You can expect to receive your pathology results within 3-5 business days, but sometimes results can take longer. Longer wait times have no bearing on the nature of the results. A Breast Radiology Physician will be in touch with you regarding the results and follow-up recommendations. Results will also be available through Weill Cornell Connect.

Written and oral discharge instructions provided to:

Name

Signature

By: _____

Name & Title

Date: _____

Signature