



# BREAST BIOPSY

## Instructions

### **Before Procedure:**

Please STOP any blood thinning medications such as anti-inflammatory drugs (Aspirin, Motrin/Ibuprofen or Aleve) **5 days before your biopsy**. You may take Tylenol.

If you are on any prescription blood thinners (such as Coumadin or Plavix) and HAVE NOT discussed this with Dr. Weintritt, please make sure you LET HIM KNOW **before** your biopsy. Please bring a supportive bra (such as a sports bra) to wear home.

### **Day of Procedure:**

This procedure is done under local anesthetic. You can drive yourself to and from the appointment if you wish.

It is okay to eat and drink prior to your biopsy.

### **After the Procedure:**

At the end of your biopsy, pressure will be held at the site. Steri-strips will be placed over the site and you will go home with a gauze bandage in place.

We recommend that you place an ice pack over the biopsy site--- 20 minutes on/20 minutes off--- intermittently for approximately 24 hours following the procedure. This may help reduce any bruising or swelling.

☺ Suggestion: Frozen carrots or peas in a plastic bag works very well!

The local anesthetic (numbing medicine) will “wear off” approximately 2-3 hours following your procedure. At this time, you may take an anti-inflammatory (such as Aleve or Ibuprofen) or Tylenol for any soreness or discomfort.

We recommend sleeping in a supportive bra (sports bra) the night after the biopsy.

You may shower and workout as normal the following day. We ask that you remove the gauze bandage prior to showering, however PLEASE leave the steri-strips in place until they fall off on their own.

PLEASE call the office at **703-664-2407** ASAP if you experience any of the following symptoms: Fever, chills, redness, warmth, breast swelling, bleeding through your bandage, pain.

David C. Weintritt, MD, FACS

Leah N. Basch, MSHS, PA-C

OFFICE: 703.664.2407

FAX: 703.664.8490

[www.nationalbreastcenter.com](http://www.nationalbreastcenter.com)



**NATIONAL**  
BREAST CENTER