

Breast Biopsy Information

If you have any questions before or after your biopsy appointment, please call (214)442-7050, prompt 7 to speak with a staff member.

One week before your breast biopsy

- We recommend that you refrain from using any aspirin, Advil, Aleve, or Vitamin E five days prior to your procedure.
- If you take prescription blood thinners, we also recommend that you contact your prescribing physician about the possibility of stopping this medication five days prior to your procedure and ask if there is a suitable alternative if applicable. If you must remain on your blood thinners, please contact our office as soon as possible and ask to speak with our medical assistant or a technologist.

Day of your breast biopsy

- We suggest you eat a normal meal prior to arriving.
- You **MUST** have someone drive you to and from your appointment if you have been prescribed anti-anxiety or other mind-altering medications for your exam.
- Please arrive at least 20 minutes prior to your appointment so you can be checked-in.
- You will check in at the Elizabeth Jekot Breast Imaging Center registration desk.
- You will need to bring your government issued ID (i.e., drivers license) and insurance card.

About your breast biopsy

- All breast biopsies performed at Elizabeth Jekot Breast Imaging Center are performed with the aid of imaging guidance: mammography/stereotactic guidance, ultrasound guidance, or MRI guidance.
- Local anesthetic will be used to numb the breast and you will feel the slight sting associated with this numbing process, similar to having a dental procedure. Please let us know if you require more numbing medication than average or if you feel any pain during the biopsy as we can give you more numbing medication. You can expect to feel some pushing/pulling sensations, pressure, or vibrations within the breast during the biopsy however we do not anticipate this being a painful experience. We will work with you to make you as comfortable as possible throughout the procedure.

[» PLEASE CLICK HERE FOR MORE DETAILED BREAST BIOPSY INFORMATION](#)

After your breast biopsy

- We will bind your chest with an ace wrap so you do not need to wear a bra until the following morning to prevent infection and minimize bleeding. Instead, keep the ace wrap on for the rest of the day and wear it to bed the night of the biopsy. After you remove the ace wrap in the morning, we recommend you wear a supportive bra, preferably without under wire, all day for the next 3 days. You may choose to wear it at night as well to provide additional support while you sleep.
- After your biopsy, it is advised that the breast(s) remains dry for 12-24 hours. *You may shower* after the wrap is removed. Put fresh Neosporin and gauze on the area after you shower for the next 4 days. The steri-strip will probably come off in a few days. If not, it can be gently removed after 4 days.
- To further lessen the risk of post-procedure infection, we do not recommend soaking in a tub, pool, or any other body of water for at least one full week.
- We do not recommend heavy lifting, massages, or vigorous exercise the first 24 to 48 hours following your procedure. Unless your job requires heavy lifting, multiple or strong upper body movements, or vigorous activity you should be able to return to work the next day.

Following a needle biopsy of the breast, you may experience one or more of the following:

- Mild discomfort during the first 24 hours following the procedure. These symptoms are usually relieved by intermittent application of cold compresses for 20 minutes per hour for the first several hours after the biopsy. You may take 1 or 2 Tylenol Extra Strength every 4 hours for discomfort.
Please Note: Taking Advil, Ibuprofen or Aspirin is not recommended because they can cause bleeding and bruising at the affected site.
- Mild to moderate bruising in the affected area of the breast, which usually resolves in 1 to 2 weeks. If a hematoma, a palpable bruise, develops you can expect resolution in 1 to 2 months.
- Small amounts of bloody and watery drainage from the affected area. If bleeding occurs, hold pressure on the site for 5 minutes. Do not release pressure before the 5 minutes is up. If you have held pressure for 5 minutes, 3 times in a row, and the area is still bleeding, call us while continuing to hold pressure.

In the rare event of an infection, please look for the following signs: significant discomfort in the area, redness, the breast feels hot to the touch, swelling, bleeding, purulent (pus) drainage, or if you develop a fever of 101 degrees or higher. Please call 214-442-7050. During business hours press prompt 7 - After 5pm or during the week-end follow the instructions on the greeting for a return call from the physician.

*** If you need to cancel or re-schedule your appointment, please contact our scheduling office at least 24 hours prior to your reserved appointment time so we may have an opportunity to help another patient. Thank you. ***