

Post Care: Image-Guided Biopsy

You have just had a CT or Ultrasound guided biopsy or drainage performed in the Diagnostic Imaging department. Upon your discharge from Day Surgery, this handout will provide you with the information you will need to successfully recover from your procedure, and answer some of the questions you may have.

How Should I Care for the Biopsy Area?

You should experience little to no bleeding after your procedure. If you notice swelling or any blood soaking through your bandages, apply firm pressure to the area and seek immediate medical attention.

What Should I Do for Pain?

You may take any pain medication approved by your ordering primary care provider. Apply an ice pack to the site for 10-minute intervals over the first two hours. The freezing will start to wear off in a few hours. During this time, you may experience a tingling sensation. You may continue to use the ice pack if it helps with discomfort as the freezing wears off.

When Can I Remove the Dressings?

Leave the dressing on the area and keep it dry for 24 hours following the procedure. You may shower the day after your procedure.

Should I Limit My Activities?

Avoid any physically demanding activities for 24 hours after your procedure, such as:

- Heavy lifting;
- Tennis, golf or other sports; and
- Strenuous exercise.

What Can I Eat?

You do not need to make any changes to your diet.

What Are My Next Steps?

Please make arrangements to follow up with your primary care provider who will receive the report from the lab within two weeks.

When Should I Be Concerned?

Please seek **immediate medical attention**, and report any of the following symptoms to your primary care provider:

- Heavy or constant bleeding and/or swelling;
- Pain that cannot be controlled by the recommended pain medication;
- Signs of infection such as fever, redness, swelling or discharge from the site; and
- Sudden or progressive feeling of shortness of breath.

Remember: Bruising at the biopsy or drainage site is quite normal and should disappear in a few days.