

## Be Breast Aware

Know your breasts.

Know how they look and feel.



When you are familiar with your breasts and how they change through time, you are more likely to notice breast changes that seem unusual to you.

There is no right or wrong way to check your breasts. Find a way that is comfortable for you.

## It's good to ask questions

If you have any questions, please call the Breast Health Clinic.

**We are here to support you!**

## Care after a Needle Breast Biopsy

### Breast Health Clinics

Monday to Friday

Jim Pattison Outpatient Care and  
Surgery Centre, Surrey 604-582-4563

8:00AM to 4:00PM

Abbotsford Regional Hospital,  
Abbotsford 604-851-4806

8:00AM to 3:00PM



[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice  
given to you by your healthcare provider.

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## How do I care for myself at home?

Your breast will be tender and a little swollen after the biopsy. You might get a bruise at the site of the biopsy. This is all normal and should go away within a few days.

For the **first 24 hours** after the biopsy:

- Wear a supportive bra.
- Place an ice pack over your bra for 10 to 15 minutes at a time.

If you do not have an ice pack, you can use a small bag of frozen peas. You can reuse the bag of peas but you cannot eat them after using them as an ice pack.

- Take regular acetaminophen (Tylenol or store brand) for pain. Follow the instructions on the bottle.

For **2 days** after the biopsy:

- **Do not** take ASA (Aspirin) or ibuprofen (such as Advil or Motrin). These medicines can cause bleeding.

## How do I care for the incision?

For the **first 24 hours**:

- Keep the bandage dry.
- Take a sponge bath. **Do not** shower or bath.

After **24 hours**:

- Remove the bandage.
- You can shower or bath now.

## What activities can I do?

You can usually return to your regular daily activities.

You can return to work the same day as the biopsy.

Limit the strain on the side you had the biopsy.

- **Do not** lift more than five pounds with your arm on the biopsy side.
- **Do not** do any exercise classes or sports.

## When do I need to get help?

Contact the Breast Health Clinic or your family doctor **right away** if you have any of the following:

- bleeding from the site of the incision
- large swelling of the breast
- redness and warmth of the skin around the site of the incision
- foul smelling fluid coming from the site of the incision
- pain in the breast that gets worse or does not go away with pain medicine
- a fever over 38.5°C (101.3°F)

If you cannot get in touch with your doctor or the clinic, go to your nearest Emergency Department.

## When do I get the results?

You are booked to return to the Breast Clinic in 7 to 10 days. Your doctor talks with you about your results at that time.