ALPINE SURGICAL
Dedication Above and Beyond.

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POST OPERATIVE INSTRUCTIONS FOR CORE NEEDLE BREAST BIOPSY

- Mild discomfort is expected following a breast biopsy. Recommended **pain management** regimen:
    - Ibuprofen: 400-600mg every 8 hrs as needed.
        - This is an anti-inflammatory medication. If you have a sensitivity to anti-inflammatories, history of stomach ulcers, or kidney disease do not take anti-inflammatories.
    - Tylenol: This is over the counter. Take 1000mg 3x/daily as needed. Max of 4000mg/24hrs.

- Utilize an **athletic bra** for the first few days after your biopsy for comfort measures.

- Mild **swelling** is to be expected within your biopsy site. You can expect the incision to form a hard knot beneath the skin. If you notice any areas of increasing warmth, redness, fever, or chills, please call the office at 303.449.3642.

- Your incision is closed with a **steri-strip (small white bandage over incision)**. The steri-strip normally lasts approximately 1 week. If it falls off sooner, do not be alarmed. You may need to cover this bandage with gauze or a pad if you experience any drainage or bleeding.

- **Driving** may be resumed when you can turn or twist your body comfortably without hesitation.

- You may **shower** the day after your biopsy. Avoid soaking your incision in a bath tub or hot tub for 2 weeks.

- **Avoid strenuous activities** (such as running) for 3-5 days after your biopsy.

- Our office will call you in 1 week to **follow up** and discuss your **pathology** if applicable. If you were instructed to schedule a follow up appointment, please call the office at **303.449.3642** to arrange a visit 1-2 weeks after your procedure.

- Call the office with any concerns at **303.449.3642**.