



**Montclair Breast Center MRI**  
37 North Fullerton Avenue  
Montclair, NJ 07042  
(973) 746-5531  
Fax: (973) 509-2031  
www.montclairbreastcenter.com

## **POST BIOPSY PATIENT INSTRUCTION SHEET**

No strenuous activity (no golf, tennis, swimming, shoveling, raking, heavy lifting or cleaning, etc.) for two days after the biopsy. Please use common sense; if you're not sure if you should do it, then don't do it. You can drive, go out for dinner, go shopping, have wine, etc.

Please keep the skin biopsy site covered with the steri strips (tape) bandages for 3 days after the biopsy. You can apply Bacitracin, Neosporin, or Polysporin antibacterial ointment if you wish. It is likely that when you first change the bandaid, you will see a small amount of blood.

You can shower with running water, 24 hours after the biopsy, but no bathing where you are soaking your breast in water. Please leave the steri-strips on while you are showering

It is expected that there will be a bruise (black and blue) at the biopsy location for several days or even weeks. You may feel "some lumpiness" in the biopsy site from the bruising. The color of the bruise will start off being purplish-red, then turn into yellowish-green usually.

If you notice any redness, swelling or inflammation at the biopsy site, please call our office immediately. Also, if bleeding should occur, you should hold constant pressure for 20 minutes. Repeat this process if necessary until bleeding stops.

Please take Tylenol for tenderness. If Tylenol does not usually work for you, then you may take Advil or Ibuprofen. The tenderness should decrease over time.

In the event of an emergency, or if you need to reach the Radiologist, during the workday please call (973)509-1818. In the evenings or weekends you can call the emergency service number for the Montclair Breast Center at (888)333-5163 or directly call your Radiologist below.

Name \_\_\_\_\_ Date \_\_\_\_\_

Dr. Melissa Lee 917-514-9789

Dr. Rose Heller-Savoy 954-540-3735