



Biopsy Aftercare Instructions

It is normal to have some bruising, swelling, and tenderness after a biopsy. Apply an ice pack to the biopsy site for 20 minutes every one to two hours the day of the procedure. This will help decrease pain and swelling.

Keep the dressing dry for 24 hours. You may then shower and replace with the dressing material provided in your pack. Keep the site covered for 3 days total. If steri-strips have been applied to your biopsy site, please leave them in place up to one week after your biopsy.

If you need additional pain relief, two Tylenol (acetaminophen) tablets may be taken every four to six hours. Avoid strenuous activities such as running, jogging, tennis, aerobics, weight lifting, etc. for 24 hours.

Pain medications such as aspirin and ibuprofen (includes Nuprin, Excedrin, and Advil) may promote bleeding and should not be used for 24 hours after the biopsy.

Call the nurse coordinator (242-4158 or 242-4321) between the hours of 7:30am and 4:00pm Monday – Friday if you experience any of the following:

- Bleeding which soaks through more than one bandage in one hour
- Pain not relieve by ice and acetaminophen
- Fever over 101°
- Redness over the biopsy site
- Swelling not relieved by ice

For concerns regarding your biopsy site after our normal business hours, contact your primary care physician, after hours clinic, or visit urgent care or emergency facility.

Nurse Coordinators: 242-4158 or 242-4321

Oregon Medical Group Imaging
920 Country Club Road Suite 100A
Eugene, OR 97401