



The  
**Cedar  
Clinic**

# **Core Biopsy Aftercare Instructions**

**Oregon Medical Group**

920 Country Club Road, Suite 100A  
Eugene, Oregon 97401

Nurse Coordinators:  
242-4158  
or  
242-4321

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 dressing materials provided in your pack. Keep the site covered for 3 days total.

If steristrips have been applied to your biopsy site, please leave them in place up to 1 week after your biopsy.

If you need 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. Providing support for your breast by wearing a well-fitting bra may decrease discomfort. It may be helpful to wear a bra even at night during the first 24 hours.

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

**Call the Cedar Clinic Nurse Coordinator (242-4158 or 242-4321) between the hours of 7:30a - 4:00p Monday - Friday, if you experience any of the following:**

- Bleeding which soaks through more than one bandage in one hour
- Pain not relieved 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 hours, contact your Primary Care Physician or After Hours Clinic.**

