



MAMMOGRAPHY

POST BREAST BIOPSY CARE INSTRUCTIONS

- Apply ice on and off the area every 15 minutes for the first 2 hours- Use gauze to protect skin.
- No physical activity or heavy lifting for 24 hours. Take it easy for the rest of the day.
- No bathing or showering for 24 hours (sponge baths only), no swimming, hot tubs or soaking in any water.
- Tylenol can be taken for discomfort (avoid ASA, ibuprofen or naproxen).
- In case of **persistent** bleeding, pain, redness, fever or signs of infection, call your family doctor or go to your nearest urgent care.