

Needle Breast Biopsy: Returning Home

After you have a fine needle or core needle breast biopsy, your breast may feel tender for the first several days.

And you may have some swelling, bruising, or slight bleeding where the needle was inserted.

If you had a core needle biopsy, the cut the doctor made in your skin, called an incision, may leave a small scar.

This usually fades with time.

You can go back to most of your usual activities right away.

But for the first 24 hours, avoid activities that put pressure on your chest or that require you to move your upper body a lot.

You may find that it's more comfortable to wear a supportive bra, like a sports bra, for the first few days.

And it may be more comfortable to sleep on your back or on the side that wasn't biopsied.

You can also use an ice pack to help relieve swelling and mild pain.

Put the ice pack on the area for 10 to 20 minutes at a time.

And remember to put a thin cloth between the ice and your skin.

Ask your doctor if you can take an over-the-counter pain medicine, such as acetaminophen or ibuprofen, if needed.

And take any other medicines as prescribed.

Be sure to let your doctor know if you have any problems with your medicines.

If you have an incision, keep it clean and dry.

If your clothes rub the incision or it oozes fluid, cover the incision with a bandage.

Then change the bandage every day or more often if needed.

Call your doctor if you have signs of infection, such as increased pain, swelling, warmth, or redness; red streaks leading from the incision; pus draining from the incision; or a fever.

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And call your doctor if you have other problems, such as new or worse pain, or bright red blood that soaks through your bandage.

If you have any questions or concerns, you can always call your doctor.

Taking care of yourself after a needle breast biopsy can help you avoid problems and help your body heal.