

Care Instructions after Breast Trucut Biopsy with or without Clip Insertion

1. You will be monitored for the next hour after your biopsy. Do not strain or overuse your arm on the side where you had the biopsy for at least 48 hours.
2. Do not participate in strenuous activities for at least 48 hours (e.g. aerobics, golf). Do not swim for a week or until you see your doctor for your follow-up.
3. Do not shower or bathe for the first 24 hours. Keep the biopsy area dry when you shower or bathe after that.
4. You may have some mild discomfort or pain and minor bruising where the biopsy was taken. This is normal.
5. Take paracetamol for pain or discomfort if you are not allergic to it, or take the medication your doctor prescribed. Do not take aspirin or medicines containing aspirin. If you take long-term aspirin therapy or other blood-thining medication (e.g. Clopidogrel, Warfarin, Apixaban etc.), ask your doctor when to restart taking them.
6. If the biopsy site bleeds, press firmly and directly on the biopsy site-for 10 to 15 minutes.
7. Contact the Breast Clinic immediately during office hours, or go to the nearest emergency department after office hours if you have bleeding that continues even after pressing firmly, pain that gets worse, swelling, or fever.
8. For other questions or advice, call the Breast Clinic at 6357 3755 during office hours.



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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