

THE WOMEN'S CENTER
Southern TN Medical Center
183 HOSPITAL RD-SUITE C
WINCHESTER, TN 37398
(931) 962-3420

INSTRUCTIONS FOR CARE AFTER MAMMOTOME BREAST BIOPSY

We will give you an ice pack to put inside your bra until bedtime or until it gets warm. You may refreeze the ice pack and use it again later if you need to.

Do not remove the outside dressing or gauze until the next day. Do not shower or bathe until the dressing is removed. There will be some tape on your skin (steri-strips) that need to stay on after you remove the dressing. If this tape does not fall off, leave it on for a week and then remove. You may shower or bathe with this tape on. If it falls off before a week, it will not need to be replaced.

If you need to take something for discomfort, do not take aspirin products. Please use Tylenol or generic brand (acetaminophen) or the prescription medication your physician orders.

You will probably have mild discomfort and you may have a small amount of bruising where the needle entered the skin. Watch for excessive bleeding or pain. If either occurs, call your physician or the mammography department. If it is after 3:30 pm and you cannot reach your physician, please call the emergency room and ask them to call the physician on call for your surgeon.

Do not participate in strenuous activities for 24 hrs. This includes activities that you use your shoulder, chest wall and muscles such as aerobic exercising, vacuuming, lifting etc...

Let us know how you are doing. Please call us the next day at 931-967-8342 or 455-8527 ext 8342. Ask for Kathey or Glenda, or leave us a message.

Your doctor will receive a verbal pathology report within 48 hours unless it is a weekend in which case your doctor will receive the report on Tuesday. Please contact his/her office in two days from this exam. If it is late in the afternoon when you have this exam it may be three days before the report will be back.

When you make a follow-up exam with your physician ask him/her when you will need a follow-up mammogram to establish a new baseline and to recheck the area where the biopsy was performed.

WE APPRECIATE THE OPPORTUNITY TO SERVE YOU. PLEASE CALL US IF WE CAN BE OF ANY FURTHER ASSISTANCE.