Discharge Instructions for Biopsy

The procedure you just had is called a _____ biopsy.

You may be given medications by vein to keep you relaxed during your procedure. A local anesthetic to numb your skin may also be used. You may feel some discomfort after the local anesthetic wears off. Your discomfort should improve over the next several days.

AFTER YOUR BIOPSY

- Rest for the remainder of the day.
- Avoid heavy lifting (more than 10 pounds/4.5 kg).
- If you have been given general anesthesia or other medications to help you relax, you should not operate machinery, drive or make legal decisions for 24 hours after your procedure. Additionally, someone must be available to drive you home.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. **Do not take aspirin** unless instructed otherwise. This can make bleeding worse.
- You may resume your usual diet after the procedure.
- Avoid alcoholic beverages for 24 hours after your procedure.
- Keep the skin around your biopsy site clean and dry.
- You may shower after 24 hours. Cleanse and dry the biopsy site completely after you shower. Avoid baths and swimming for 72 hours.

Complications are very uncommon after this procedure. Go to the nearest Emergency Department or contact your caregiver if you develop any of the following symptoms:

- Worsening pain.
- Bleeding.
- Swelling at the biopsy site.
- Light headedness or dizziness.
- Shortness of breath.
- Fever or chills.
- Redness or increased pain or swelling at the biopsy site.

_____
Patient/Responsible party

_____
Date

_____
RN signature

_____
Date

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