

# Before and After Care For Breast Biopsy or Cyst Aspiration

- You **can** eat and drink before the procedure
- Wear a button front shirt and a sports bra that hooks
- You **can** drive yourself
- Do **not** shower or bathe for **24 hours after the procedure**
- Mild discomfort and some bruising is **normal**

**Clothing** - Wear a tight, supportive bra with no underwire for the next 48 hours to reduce movement of the breast

**Showering/Bandages** - Remove the gauze the next morning, but do **NOT** remove the steri strips - they will fall off on their own in about a week and you can shower. You do not need to recover the area, but can if you want.

**Pain relief** - Use **Tylenol** for the first 48 hours (*call the office if there is no relief*). Use an ice pack inside the bra, off and on for 4-5 hours. **10 minutes on and 10 minutes off**

**Restrictions** - no heavy lifting, pushing, pulling or strenuous exercise for 48 hours

**Call with questions - (561) 333-1335**