

ASCENSION ST VINCENTS / OPTIMAL IMAGING BREAST PROCEDURE AFTERCARE INSTRUCTIONS

Who Performed Your Procedure:

Aftercare Instructions:

- A bandage will be applied over the procedure site. Skin glue may also be applied to the site. You may remove the bandage 24 hours after your procedure, however, allow the skin glue to flake off on its own (do not pick it off). You may shower and allow water to flow over the site 24 hours after your procedure, however, do not submerge the site in water (bath, pool, hot tub or ocean) until the site has healed. Do not apply lotion/ointment to the site until it has healed unless instructed to do so.
- If you were provided with an ice pack, apply it to the procedure site periodically for 20-30 minutes after your procedure.
- Avoid strenuous physical activity for at least 24 hours after your procedure then increase your activity level as tolerated.
- Wear a form-fitting bra for at least 48 hours after your procedure to help decrease breast movement, pain and bruising.
- It is normal to experience discomfort / mild pain and bruising after your procedure. You can take acetaminophen (Tylenol) for the first 6-8 hours after your procedure. After 6-8 hours, you may switch to aspirin, ibuprofen (Motrin) or naproxen (Aleve) if acetaminophen is not adequately decreasing your pain. It is safe to take aspirin, ibuprofen or naproxen within 6-8 hours after your procedure, however you may experience more bruising if you do so.
- Contact Radiology or your ordering clinician if you have any concerns or experience any of the following after your procedure: continued bleeding, significant swelling, severe pain not responding to over-the-counter medications, signs of possible infection (significant redness or purulent drainage from the site, severe pain, fever or chills).
- Weekdays 8 am to 5 pm call 308-5488 (Riverside), 296-4277 (Southside), 602-1219 (Clay), 691-1286 (St Johns) or Optimal Imaging (450-6960). Weekdays 5 pm to 10 pm or weekends 6 am to 10 pm call 308-8401. If outside of these hours, call the hospital operator at 308-7300 and ask to speak to the Interventional Radiologist on call.

How Do I Receive Procedure Results?

- Many but not all breast procedures produce samples which are sent for laboratory analysis. If a sample was sent, a Radiologist will contact you by telephone to discuss the results. Results are usually available 2-3 days after your procedure, however results can occasionally take more than 3 days. The clinician who ordered the procedure may contact you with results prior to a Radiologist contacting you. You will also receive follow-up instructions which may include returning to annual mammography, follow-up mammography/ultrasound imaging in 3-6 months, furthering evaluation with breast MRI and/or evaluation by a Breast Surgeon and/or a Medical/Radiation Oncologist. Occasionally additional procedures are needed.