

Telephone directory

Hospital: 450-654-7525

Breast Health Clinic reception ext. 31111
Breast Health Clinic appointment ext. 31111
Nurse clinician ext. 31233
Oncology reception ext. 23159
Look Good, Feel Better ext. 37733
Pastoral service ext. 14117

Appointment Centre 450-581-3020
Info-Santé 811

CLSC Lamater (Info-Santé) 450-471-2882
CLSC Meilleur (Info-Santé) 450-654-2572
CLSC Pointe-aux-Trembles (Info-Santé) 514-642-4050

Resources

Regroupements des aidants naturels du Comté
de L'Assomption (caregiver association) 450-581-9079

Cancer aide Lanaudière (support group)
Joliette 450-756-0869
Repentigny 450-756-8437

Canadian Cancer Society
Cancer j'écoute (telephone support group) 1-888-939-3333
Suicide crisis helpline 1-866-277-3553
Quebec Cancer Foundation 1-877-336-4443
Info cancer, documentation centre 1-800-363-0063

Centre intégré de santé et de services sociaux de Lanaudière

Breast Biopsy

Reminder of recommendations



After the procedure

Dressing

- For 48 h, it is recommended to you wear a bra that applies good pressure, at all times, on the dressing.
- 24 h after the procedure, you can remove the white compression bandage and the gauze, but the rectangular dressing (Tegaderm) must be kept on.
- 48 h after the procedure, you can remove the rectangular dressing (Tegaderm) and the closure strips (Steri-strip).

Baths and showers

Showers are permitted 48 h after the procedure. Baths, swimming and hot tubs are permitted 72 h after the procedure.

Activities

Resume activities gradually. Avoid intense movements of the arm on the side of the biopsy for 48 h to prevent bleeding. For certain sports or activities, such as swimming, it is preferable to wait one week.

Work

It is usually possible to return to work the day after the procedure. The nature of your job could influence how long you are off work. For physical work, it is recommended that you wait 48 h. If necessary, the radiologist can give you a note for light duties or a leave from work for 48 h.

Medication

Continue to take your usual medication, unless indicated otherwise by your doctor.

Inform the nurse or go to Emergency if you develop a fever of over 38°C, acute pain or redness at the biopsy site.

If the bleeding does not stop, continue to apply compression to the breast and go to Emergency.

Side effects

For a few days and even up to 1 month after the procedure, you might:

- Feel some sensitivity at the biopsy site and slight pain.
- Experience bruising, oedema (a bump) at the biopsy site and tingling. All of this should resolve over the course of the month following the biopsy.
- Notice bleeding or swelling of the breast. If this occurs, apply local strong compression for 10 minutes.

To relieve the pain, you can take acetaminophen (Tylenol®) according to the recommended dosage.

Do not take acetylsalicylic acid (Aspirin®) or ibuprofen (Advil® or Motrin®) for **48 h after** the biopsy as this could increase the risk of bleeding.

You can also apply ice in a Ziploc® bag wrapped in a towel, a magic bag or a gel pack for 15 minutes as needed during the 48 h following the procedure. After that, if the pain persists, apply heat to the biopsy site to relieve your discomfort.

Results

The biopsy results are usually available 3 to 4 weeks after the procedure. You can receive the results from your family doctor or from the general practitioner at the Breast Health Clinic, depending on your preference.

If you do not receive your results after 4 weeks, you can contact your family doctor or the Breast Health Clinic.

If you have any questions or concerns, you can contact the nurse at the Breast Health Clinic from Monday to Friday, 7:30 a.m. to 3 p.m.

At any time, 24/7, you can contact an Info-Santé nurse at 811.