



This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.

During the Procedure

- During your biopsy, your doctor placed a thin needle through your skin and into your lump or growth to take a sample of tissue.
- A small amount of lidocaine freezing (same freezing that is used at a dentist's office for a dental procedure) may have been used to help decrease pain during the procedure.
- This may have been done to find what is causing a lump or growth.
- You may find it uncomfortable to lie still with your head tipped backward. The biopsy site may be sore and tender for 1 to 2 days.

Care at Home

Activity

- Rest when you feel tired. Getting enough sleep will help you recover.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast, and yogurt.

Medicines

- Your doctor will tell you if and when you can restart your medicines. They will also give you instructions about taking any new medicines.
- If you take aspirin or some other blood thinner, ask your doctor if and when to start taking it again. Make sure that you understand exactly what your doctor wants you to do.
- Take pain medicines exactly as directed.
 - If the doctor gave you a prescription for pain medicine, take it as prescribed.
 - If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.
 - There may be some mild discomfort after your procedure. You can take acetaminophen (Tylenol®) or use an ice pack.
 - If you cannot take acetaminophen, tell the healthcare provider who sent you for your procedure. They can suggest another medication.
 - If you think your pain medicine is making you sick to your stomach:
 - Take your medicine after meals (unless your doctor has told you not to).
 - Ask your doctor for a different pain medicine.

Care of Biopsy Site

- Keep the biopsy site covered and dry for 48 hours.
- A small amount of bleeding from the biopsy site can be expected. Ask your doctor how much drainage to expect.
- There may be some mild swelling after your procedure. If there is swelling, put a cold compress (such as an ice pack or a cool washcloth) intermittently (20 min on 20 min off) to reduce swelling.



**Follow-up with
Doctor**

- **Call 911** anytime you think you may need emergency care. For example, call if you have severe trouble breathing. Rest when you feel tired. Getting enough sleep will help you recover.
- **Call your doctor or Health Link at 811 now** or seek immediate medical care if:
 - You have a lot of bleeding through the bandage
 - You have a hard time swallowing
 - You have new or worsening pain
 - You have symptoms of infection, such as:
 - Increased pain, swelling, warmth, or redness
 - Red streaks leading from the biopsy site
 - Yellow or green pus draining from the biopsy site
 - A fever (temperature over 38.0°C (100.4°F), chills, or both
- Watch closely for any changes in your health, and be sure to contact your doctor or Health Link at 811 if:
 - You are not getting better as expected
 - You notice a change in your voice
- It usually takes approximately 3-5 business days for your referring doctor to receive the results of your procedure, and they will contact you to review the results, advise and provide the opportunity to address any concerns you may have.