

Breast Biopsy

Breast biopsies are samples of tissue removed during a procedure from the breast to perform laboratory testing. This is commonly done to diagnose lumps, cancers, or other abnormalities of the breast tissue. Various cancers can be identified by this minimally invasive procedure. It allows providers to make additional treatment plans as needed. There are several different biopsy methods, and your providers will help guide which is most appropriate for you. Some utilize imaging studies such as MRI or mammogram to obtain samples while others are done via open procedures.

Risk and recovery after a biopsy may include:

- Pain
- Bruising and/or swelling
- Infection
- Deformation (varies based on patient anatomy and amount of tissue removed from biopsy)
- Requirement for additional treatment and/or surgery

Preparing for your biopsy

- Consult with your provider if you
 - Are on any blood thinning medications or supplements
 - Have any allergies
 - Unable to lie in a certain position
 - Have a pacemaker
 - Pregnant

After your biopsy

- Apply ice packs (be careful not to get the area too numb, 20 minutes on and 20 minutes off)
- Take Tylenol/acetaminophen (this does not contribute to bleeding risk like aspirin or NSAIDS)
- If you have a surgical biopsy you may need to have sutures removed
- Limit your activity immediately after your biopsy, resume normal activity within one day

Treatment

Your ongoing care will be dependent on the results of your pathology. Future care may be limited to annual screenings. If the pathology diagnoses cancer or other abnormalities your providers will help you coordinate treatment and additional surgeries that may be necessary.