



## Care of the Biopsy Site

- Keep the dressing on the biopsy site until the next day (once the site has closed/scabbed over), then leave it open to air.
- You may shower the morning after your procedure.
- If you experience an ongoing fever (higher than 38.5 C), chills or if the area of biopsy becomes red and inflamed, call your doctor.

## Activity

- Rest quietly for the remainder of the procedure day.
- No heavy lifting, pushing or pulling for the next 24-48 hours.
- Do not exercise
- Try not to cough; use cough medication if needed
- Do not smoke for at least 24 hours.
- No bathing, swimming or hot tubs for 24 hours.
- No flying, skydiving or scuba diving for 7 days, unless cleared by a physician.

## Diet

- Normal diet as tolerated once discharged.
- If taking prescribed pain medication, you should drink 6-8 glasses of water/juice and increase your fiber intake (fruits, vegetables and bran) to prevent constipation.

## Pain Management

- No Aspirin or blood thinners for 48 hours after the procedure (unless medically directed).
- If pain medication is prescribed, take as directed. Otherwise, for mild discomfort, you may use Tylenol (Acetaminophen) as per package instruction.

**Call your doctor or go to the nearest emergency department or hospital if you have:**

- Increasing shortness of breath, sharp, severe chest discomfort/pain, sweating or lightheadedness, or if you cough up something bloody for more than 3 days after your procedure
- Inform the Emergency staff that you have had this procedure.

