



**Radiologists:** Dr. Phillip Benzmilller - Dr. Steve Haugen - Dr. Jason Steinle - Dr. Hannah Brandts

## **PATIENT INSTRUCTIONS FOLLOWING ULTRASOUND-GUIDED ASPIRATION**

### **Aspiration Site:**

- Location: \_\_\_\_\_
- Area may be tender or sore for several days and you may notice bruising at the site of the aspiration, which should resolve in about a week
- You may remove the band aid after 2 hours

### **Pain Relief:**

- You may take acetaminophen (Tylenol) or ibuprofen, 1-2 tablets every 6 hours, as needed for discomfort

### **Activity Level:**

- Most people do not find it necessary to restrict their normal activity after this procedure, you may resume your regular work / activity schedule if you are feeling alright
- Please try to limit lifting, upper body movement, and avoid strenuous activity or exercise (ex. running, tennis, aerobics) for 24 hours

### **When to Call or Be Seen:**

- Call or be seen if you have any breast concerns, bleeding that does not stop after holding firm pressure to area, fever, swelling, redness, or warmth to the touch. You should contact your provider or the Diagnostic Imaging staff can be contacted during regular business hours of Mon-Fri 8am - 5pm at:

|                         |                |
|-------------------------|----------------|
| Diagnostic Imaging RN's | (507) 389-8781 |
| Ultrasound Staff        | (507) 389-8659 |

After the business hours listed above, you should be seen in Urgent Care.

Urgent Care Hours: **Mon-Fri** open until 8pm **Sat** 8am-5pm **Sun** 11am-5pm