

## POST PROCEDURE DISCHARGE INSTRUCTIONS

- Resume your normal diet.
- If you received sedation:
  - **DO NOT** drive, operate equipment, or appliances today. A responsible adult must be available to drive you home.
  - **DO NOT** make any legal decisions today.
  - **DO NOT** consume alcohol, tranquilizers, sleeping medication, or any non-prescription medication for 24 hours.
- **NO** lifting more than 10 pounds (a gallon of milk), heavy cleaning, or heavy chores for the next 72 hours.
- **NO** sports or workouts for at least 72 hours.
- You may shower in 24 hours. When you do shower, shower with the band-aid on and change it after.
- Change the dressing (band-aid) as necessary.
- Call **1-908-874-9236** with questions/concerns such as increased pain, swelling at procedure site, fever, or blood on your dressing.
- Seek immediate medical attention (go to the nearest Emergency Center or call 911) if:
  - You develop chest pain, shortness of breath, feel faint (like you will pass out), bleeding from the biopsy site (running out of the dressing), or a rapid heart rate.
  - You may resume the following medications: Coumadin, aspirin, or any other blood thinners 24 hours after your procedure, unless otherwise directed by your physician. All other medications may be continued as previously directed.