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PATIENT BEFORE & AFTER-CARE INSTRUCTIONS

Thank you for choosing *Celina Nadelman, M.D.*, director of **PRECISION ASPIRATION & BIOPSY Laboratory**, for your **Fine Needle Aspiration (FNA)** or biopsy procedure.

The only special precaution to follow before the FNA is to avoid taking aspirin, blood thinners, or non-steroidal anti-inflammatories (NSAIDs), such as Advil, Ibuprofen, Motrin, etc., from about a week before the appointment (or the time your appointment is made), to a day or two after the procedure. This may be helpful in limiting any additional bruising from the procedure.

For the next 48 hours, please avoid moderate or strenuous physical activity, straining or bending over. This includes yoga, Pilates, running, or cleaning. Going for a walk is okay. Please keep the area dry for at least 12 hours after the biopsy.

A fine needle aspiration may cause minor short term effects, such as some bruising/discoloration, as well as mild swelling at the biopsy site. These should resolve in a short period of time. Tylenol may be taken, if needed, for pain or discomfort. An ice pack may also help with minimizing swelling and tenderness.

Should the site become infected (unusually red, markedly swollen and painful), please contact your physician or Dr. Nadelman. If our office is closed, please call Dr. Nadelman's answering service at 407-428-1899.

FOLLOW UP GUIDELINES FOR THE PATIENT

Remember, the Fine Needle Aspiration (FNA) is a diagnostic part of a **complete** evaluation of the specific site of concern indicated by your referring doctor. Therefore, the **results** will be given to **your doctor** and should be discussed with him or her. Your results will be sent directly to you via mail.

Although an FNA obtained by a specially trained doctor who procures and interprets the material maximizes the diagnostic accuracy (95-97%), no test or procedure is 100% accurate all of the time. Therefore, your participation in your healthcare is needed.

- ❖ If additional masses (lumps) appear, please contact your doctor to have them evaluated. Never assume that a new mass is the same as one that has already been biopsied.
- ❖ If you see significant changes in the size or characteristics of the mass that was biopsied, please contact your doctor.
- ❖ The result of the FNA should not alter your healthcare routines (i.e. annual physicals, screening procedures, etc)