



# After Your Bone Biopsy

## *Precautions and self-care*

This handout gives important instructions to follow after having a bone biopsy.

### Follow These Instructions Carefully

#### *Precautions*

The medicine that was used to sedate you (make you relaxed and sleepy) will be in your system for several hours after your biopsy. It could affect your thinking during this time.

Because of this, for 24 hours after your biopsy:

- Do **not** drive a car or use machinery.
- Do **not** drink alcohol.
- Do **not** take tranquilizers, sleeping pills, or similar medicines unless your doctor prescribes them for you.

#### *Self-care to Help Your Recovery*

- We strongly advise you to do **only light activity** and to get plenty of rest. Do not do any strenuous work.
- Do **not** lift more than 10 pounds for 48 hours.
- Keep your biopsy site clean and dry for 24 hours. After that, you may bathe or shower as usual.
- Do not put creams or lotions on your biopsy site.
- If you wish, you may cover your biopsy site with a Band-Aid until it is healed. If you do use a Band-Aid:
  - Change the Band-Aid every day
  - Watch the biopsy site over the next few days for any of the signs listed under “When to Call the Clinic” on the next page

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## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Center for Pain Relief:  
206-598-4282

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## When to Call the Clinic

It is normal to have some discomfort or bruising at the biopsy site for several days. But, call the Center for Pain Relief at 206-598-4282 if you have:

- Bleeding
- Swelling
- Signs of infection:
  - Redness
  - Warmth
  - Discharge
- Fever higher than 100°F (37.8°C) or chills
- Rapid heart rate

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