

# Ultrasound: After Your Guided Fine Needle Aspiration

## Self-care guidelines

*This handout is for UW Medicine patients who have had an ultrasound-guided fine needle aspiration.*



*Scan this QR code with your phone camera for a digital copy of this handout.*

### What to Expect

- Your procedure site may be sore or tender as the local anesthesia wears off.
- Your skin may be stained at the biopsy site. This is from the disinfectant. It will wash off.



*After your procedure, relax for the rest of the day.*

### Activity

Relax and do only light activity for the rest of the day.

### For 24 Hours

- Do **not** shower or get the biopsy site wet.
- Do **not** lift or push anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 pounds).

### Self-care

- Remove the bandage about 24 hours after your procedure.
- After you remove the bandage, you may shower or take a bath. **Do not scrub the site.** Wash the site gently and pat it dry.
- Watch for signs of infection:
  - Redness, swelling, warmth, or pus at the procedure site
  - Fever higher than 100.4°F (38°C)

### If You Have Questions or Concerns

During office hours, between 7 a.m. and 5 p.m., call one of the numbers listed on page 2 if you have:

- Mild fever, pain, redness, swelling, or dizziness
- Any other non-urgent questions or concerns

## Who interprets the results and how do I get them?

A radiologist who specializes in ultrasound will review the images and send the report to the provider who referred you for the exam. The radiologist may talk with you about early findings when your exam is over.

Your own provider will review the results and talk with you about them. You and your provider will then decide the next step, such as treatment for a problem, as needed.

You may also read your results on your MyChart page. If you need copies of your images on disc, call 206.598.6206.

## Urgent Care

**Call 911 or go to nearest emergency room right away** if you have any of these symptoms:

- Severe bleeding that will not stop, even after you apply pressure to the procedure site
- Chest pain
- Trouble breathing
- Slurred speech
- Balance problems, dizziness, or trouble using your arms or legs

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UWMC - Montlake Imaging Services:**  
206.598.6209, option 1
- UWMC - Northwest Imaging Services:**  
206.598.6209, option 3
- Harborview Imaging Services:** 206.744.2857

After hours and on weekends and holidays, call 206.598.6190 and ask to page the IR Resident on call.

## Who to Call

### UWMC - Montlake Patients

Weekdays from 8:00 a.m. to 5:00 p.m., call 206.598.6209, option 1

### UWMC - Northwest Patients

Weekdays from 8:00 a.m. to 5:00 p.m., call 206.598.6209, option 3

### Harborview Medical Center (HMC) Patients

Weekdays from 8:00 a.m. to 4:00 p.m., call.....206.744.2857