Bone Marrow Biopsy
Discharge Instructions

You have just had a bone marrow biopsy. To aid in your recovery and reduce the risk of complications, please follow these directions.

Activity

- Do not drive if you were given medicine before or during the procedure. The medication may cause drowsiness. Arrange to have someone else drive you home.
- Avoid heavy lifting or straining for 1 to 2 days.

Care of Biopsy Site

- Leave the bandage on until the next morning, or longer if instructed to do so.
- If you have steri-strips (long skinny bandages), do not remove them; allow them to fall off on their own.
- Check for any active bleeding (a steady flow of fresh blood) periodically during the first 24 hours at home.
- Watch for severe swelling or bruising at the site.
- You may take a shower the next day after your biopsy if the bandage is clean and dry. Ask your doctor when it is safe to take a bath.
- You may bathe starting 48 hours after the procedure.

Pain

- Some tenderness around the site of your biopsy is normal and can last for 12 - 48 hours.
- Apply ice to the site as needed for 20 minutes on and 20 minutes off.
- You may take acetaminophen (Tylenol).
- Do not take any pain relievers containing aspirin or ibuprofen for 48 hours.

Results

It will take 10 - 14 days for the lab and pathologists to complete the tests on your bone marrow. The doctor who ordered the procedure will tell you the results.

If the Following Occurs:

- You have pain that is not relieved with medicine.
- You have signs of infection, such as a temperature greater than 100.5°F, drainage, redness or swelling.
- You have active bleeding that does not stop after applying pressure to the area for 15 minutes.
- You have any other problems that require medical attention.
- You have new numbness or tingling in the leg or foot on the side of the procedure.

Contact the Doctor who ordered the procedure and go to an emergency room for treatment.