

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.**