

## **Care instructions after Thyroid Nodule Biopsy**

1. Apply a cold compress that we provide you for 15 minutes after you leave the clinic
2. If you experience pain, take a non-aspirin pain reliever like Tylenol, Advil or Motrin (2 pills every 8 hours as needed).
3. DO NOT take any Aspirin or blood thinners for 24 hours after the biopsy.
4. Check the biopsy area daily. If you notice excessive pain, bleeding, swelling, drainage, redness, or the area is warm to the touch please call our office at 510 883 9005.
5. You should be able to drive or return to work following your biopsy.
6. You may notice some bruising of the biopsy area, which should go away completely in about a week.
7. You may also have a very small amount of bleeding. If bleeding occurs after you leave the clinic, apply continuous direct pressure over the biopsy site for ten Minutes.

### **Results and follow-up:**

We will like to see you one week after the biopsy to check the site of the biopsy and discuss the results with you.