

## Post Bone Marrow Aspiration and Biopsy Discharge Instructions

You just had a bone marrow aspiration and biopsy performed. Aside from feeling sore where it was performed, patients usually have very few side effects from this procedure. The information below will help you know what to do when you get home and when to call your healthcare team.

### What should I do at home?

- Your biopsy site was checked for bleeding and pain before you were discharged. If it starts bleeding, apply direct pressure to the site for 10 minutes by pressing down on the bandage with a clean compress.
- If you should have any soreness after the local pain medicine wears off, take two 325mg acetaminophen tablets or caplets (Regular Strength Tylenol<sup>®</sup>) every 6 hours as needed.
- To help decrease soreness and discomfort, apply an icepack on the site for 15 to 20 minutes at a time, 2-3 times the day of and day after the procedure as needed.
- Have someone check the site for any signs of redness with swelling, excessive bleeding, or drainage every 6 hours for 24 hours after the procedure.

### What should I avoid?

- Avoid getting the bandage wet for the first 24 hours. After 24 hours you may shower and change the bandage. In 48 hours you may remove the bandage.
- Avoid lifting anything heavier than 10 pounds **and** avoid heavy exercise for at least 24-48 hours after the procedure.
- Do not drive if you received medicine for the procedure as it may cause drowsiness.

### When should I call the healthcare team?

If you experience any of the following, please call your healthcare team at 732-235-2465:

- Increasing redness with swelling at the site
- Fever greater than 100° F within 48 hours of the procedure
- Pain that is not relieved by pain medicine (Tylenol<sup>®</sup>)
- Bleeding that does not stop after 10 minutes of direct pressure being applied

### When will I know the results of the bone marrow aspiration and biopsy?

The results from your tests may come back in parts and can take up to 7-10 days. Special studies done on your bone marrow may take up to 3 weeks to get the final results. Your healthcare team will notify you of your test results.

**ADDITIONAL INSTRUCTIONS:** \_\_\_\_\_

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**Patient Signature**

**Date**

**Provider Signature**

**Date**

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**