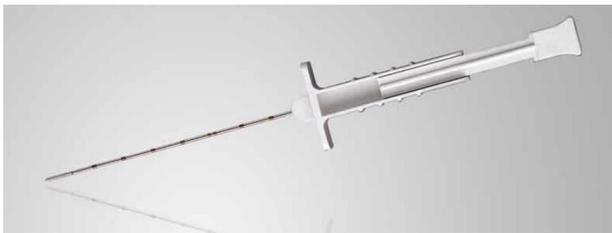


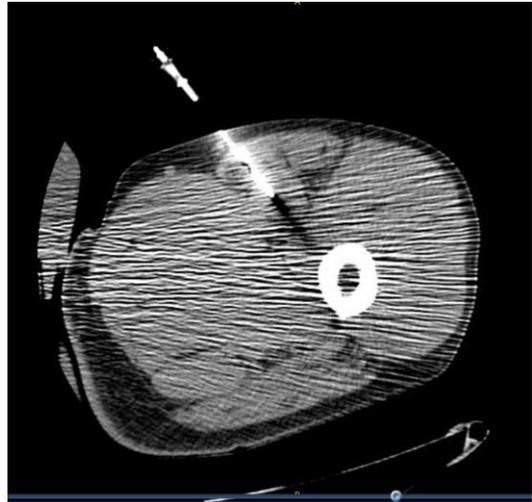
Home Guidelines

Tru-Cut, Ultrasound or CT-Guided Needle Biopsy for Soft Tissue Masses

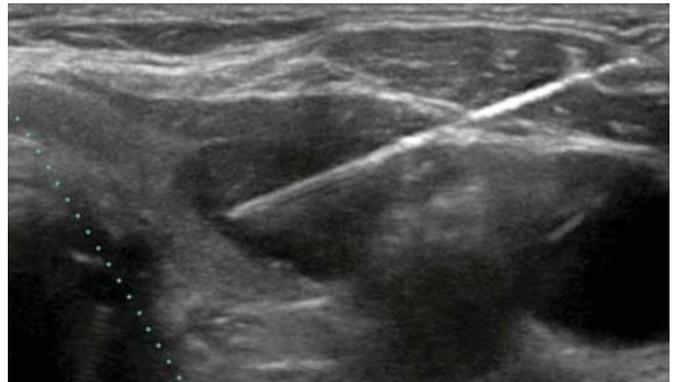
Please note: These are general guidelines to help answer the most common questions patients have after their biopsy. The photos in these guidelines WILL NOT necessarily match your exact biopsy site.



Example of a foot soft tissue mass that is a candidate for a Tru-Cut Needle Biopsy, which is done in our office by a surgeon. The area is prepped in sterile fashion and a local anesthetic is given. The needle enters the skin and, just like a pen is clicked opened and closed, the needle penetrates the mass. Fine pieces of tissue are collected for our pathologists.



The CT-guided biopsy is done by our musculoskeletal radiologist, using a CT scanner.



Example of an ultrasound-guided biopsy

Daily Incision Care

- Leave the dressing on for 24 hours after the procedure.
- Remove the dressing and assess the site for redness, swelling, drainage or bleeding.
- Replace the dressing with a Band-Aid for coverage, or leave uncovered if there is no drainage.
- You may shower.

Activity

- Limit activities if the site remains sore or tender.
- Use sling or crutches if prescribed by your surgeon/nurse practitioner.
- Elevate the extremity to decrease throbbing, swelling and/or tenderness.

Diet

- You may continue with your regular diet.

Medication

- Continue to take all your regular medications.

- If necessary, take prescribed pain medication (narcotics) as directed.
- DO NOT drink alcohol or drive while taking narcotic pain medication.
- If you are taking narcotics, you should take some type of laxative to prevent opioid-induced constipation.
- If you are not given a prescription for narcotic pain medication, take Tylenol, aspirin, Advil, Aleve, Motrin or another over-the-counter anti-inflammatory medication if necessary.

Common Problems

- Sometimes the needle used in this procedure can irritate the sensory nerves at the needle insertion site. If you experience pain and/or swelling, try elevating your extremity (arm, leg) for relief. Putting ice on the site may also help.
- Call your surgeon/nurse practitioner if you experience the following:
 - Persistent swelling that does not go away with elevation
 - Persistent numbness or tingling in your extremity
 - A lump at the needle site
 - Persistent bleeding at the needle site

Follow-up

- Schedule a follow-up appointment with your surgeon 1 week after the date of the biopsy to discuss biopsy results and a treatment plan.

Questions/Concerns

- For any questions, call your surgeon/nurse practitioner.
- Drs. Kevin Raskin, Joseph Schwab, Santiago Lozano-Calderon: 617-724-3700
- Doctor of Nursing Practice (DNP) Anne Fiore: 617-724-7630

These instructions are basic post-procedure guidelines. Your surgeon/nurse practitioner may give you more specific instructions. Refer to our website for more information: <http://www.massgeneral.org/orthoncology/education>

A Fiore, DNP (07/2018)