Ultrasound: After Your Guided Fine Needle Aspiration

Self-care guidelines

This handout is for patients at University of Washington Medical Center who have had an ultrasound-guided fine needle aspiration.

What to Expect

• Your procedure site may be sore or tender as the local anesthesia wears off.

• Your skin around the procedure site may be a little discolored from the disinfectant. This will wash off.

Activity

• Relax and do only light activity for the rest of the day.

• Do not shower or get the procedure site wet.

• For 24 hours, do not lift or push anything that weighs more than 10 pounds (a gallon of milk weighs about 8 pounds).

Self-care

• Remove the bandage about 24 hours after your procedure.

• After you remove the bandage, you may shower or take a bath. Do not scrub the site. Wash the site gently and pat it dry.

• Watch for signs of infection:
  – Redness, swelling, warmth, or pus at the procedure site
  – Fever higher than 100.4°F (38°C)

If You Have Questions or Concerns

During office hours, between 7 a.m. and 5 p.m., call one of the numbers listed on page 2 if you have:

• Mild fever, pain, redness, swelling, or dizziness

• Any other non-urgent questions or concerns
Who to Call

If you are a patient at:

- **University of Washington Medical Center** (UWMC), call:
  
  Body Procedures Service ................................................... 206.598.3725
  Body Procedures Nurse Practitioner .............................. 206.598.7977
  Procedure Coordinator .................................................. 206.598.0124

  After hours and on weekends and holidays, call **206.598.6190** and ask for the Body Imaging fellow on call to be paged.

- **Harborview Medical Center** (HMC), call:
  
  Body Procedures Service Reading Room ...................... 206.744.6913

  After hours and on weekends and holidays, call **206.744.3109** and ask for the Body Imaging fellow on call to be paged.

If You Have Urgent Issues

Call **911** or go to nearest emergency room if:

- You have heavy bleeding at the procedure site
- Your chest pain or tightness gets worse
- You feel very dizzy, lightheaded, or short of breath
- Your procedure site suddenly becomes firm and very painful

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UWMC Imaging Services: 206.598.6200
- Harborview Imaging Services: 206.744.3105