

Ultrasound: After Your Guided Fine Needle Aspiration

Self-care guidelines

This handout is for UW Medicine patients who have had an ultrasound-guided fine needle aspiration.



Scan this QR code with your phone camera to access a digital copy of this handout.

What to Expect

- Your procedure site may be sore or tender as the local anesthesia wears off.
- Your skin may be stained at the biopsy site. This is from the disinfectant. It will wash off.



After your procedure, relax for the rest of the day.

Activity

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

For 24 Hours

- Do **not** shower or get the biopsy site wet.
- Do **not** lift or push anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 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

UWMC - Montlake Patients

Weekdays from 8 a.m. to 5 p.m.:

- Non-Vascular Interventions 206.598.3725
 - Advance Practice Provider 206.598.7977
 - Procedure Coordinator 206.598.0124

After hours and on weekends and holidays, call 206.598.6190 and ask to page the IR Resident on call.

Harborview Medical Center (HMC)

Weekdays from 8 a.m. to 5 p.m., call..... 206.744.2857

After hours and on weekends and holidays, call 206.744.3000 and ask to page the IR Resident on call.

UWMC - Northwest

Weekdays from 8 a.m. to 5 p.m., call..... 206.598.6209

After hours and on weekends and holidays, call 206.598.6190 and ask to page the IR Resident on call.

Urgent Health Concerns

Call 911 or go to nearest emergency room **right away** 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

Who interprets the results and how do I get them?

A radiologist who specializes in ultrasound will review the images and send the report to the provider who referred you for the exam. The radiologist may talk with you about early findings when your exam is over.

Your own provider will review the results and talk with you about them. You and your provider will then decide the next step, such as treatment for a problem, as needed.

You may also read your results on your MyChart page. If you need copies of your images on disc, call 206.598.6206.

Questions?

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

- UWMC - Montlake Imaging Services: 206.598.6200
- Harborview Imaging Services: 206.744.3105
- UWMC - Northwest Imaging Services: 206.668.4240