



Radiologists: Dr. Phillip Benzmiller - Dr. Jason Steinle - Dr. Hannah Brandts

## PATIENT INSTRUCTIONS FOLLOWING ULTRASOUND-GUIDED ASPIRATION

### Aspiration Site:

- Location: \_\_\_\_\_
- Area may be tender or sore for several days and you may notice bruising at the site of the aspiration, which should resolve in about 1-2 weeks.
- You may remove the band aid or gauze and tape later today.

### Pain Relief:

- You may take acetaminophen (Tylenol) or ibuprofen, 1-2 tablets every 6 hours, as needed for discomfort.
- You may apply an ice pack to the area every 1-2 hours for 20 minutes at a time during the first 1-2 days to help decrease swelling, bruising, and discomfort.

### Activity Level:

- Most people do not find it necessary to restrict their normal activity after this procedure, you may resume your regular work / activity schedule if you are feeling alright.
- Please try to limit lifting, upper body movement, and avoid strenuous activity or exercise (ex. running, tennis, aerobics) for 24-48 hours.

### When to Call or Be Seen:

- If you have any concerns, notice any bleeding or drainage, excessive swelling, redness, or warmth to the touch please contact the Diagnostic Imaging staff Mon-Fri 8am - 5pm at:

Diagnostic Imaging RN's (507) 389-8781  
Ultrasound Staff (507) 389-8659

After the business hours listed above, you should be seen in Urgent Care.

Urgent Care Hours: **Mon-Fri** open until 8pm **Sat** 8am-5pm **Sun** 11am-5pm

**\*Reminder-results may appear in your patient portal prior to being notified by your provider. Please know they are reviewing these and will discuss these with you as soon as they are able. If you have not been notified of the results in 5-7 business days, please call your providers office.\***