



Post Fine Needle Thyroid Biopsy Instructions

Someone from our office should call you with your biopsy results or call to schedule you a follow up visit to discuss these results within one week of your procedure date.

During the biopsy, the doctor placed a thin needle through your skin and into your thyroid gland to take a tissue sample. This was done to find out what is causing a lump or growth in your thyroid.

You may find it uncomfortable to lie still with your head tipped backward. The biopsy site may be sore and tender for 1 to 2 days.

How can you care for yourself at home?

Activity: Rest when you feel tired. Getting adequate sleep will help with recovery.

Diet: You can eat a normal diet as soon as the procedure is over. If your stomach is upset, try bland, low-fat foods such as plain rice, toast, or yogurt.

Medications: If you take blood thinners such as Warfarin (coumadin), clopidogrel (Plavix), or aspirin, you can restart this the day after your procedure unless you experience severe pain or swelling in your neck the day following your procedure. If this happens please call my office and let me know before you restart your blood thinners.

Incision care: Keep the biopsy site covered and dry for 24 hours. A small amount of bleeding from the biopsy site can be expected.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments and call our office if you are experiencing issues. It is also a good idea to know your test results and keep a list of the medications you take.

When should you call for help?

Call 911 anytime you think you may need emergency care. For example: if you have severe shortness of breath or chest pain.

Call your doctor or seek immediate medical care if:

You have a lot of bleeding through the bandage

You have a hard time swallowing

You have new or worsening pain

You experience symptoms of infection such as: increased pain, swelling, warmth or redness, red streaks leading from the biopsy site, pus draining from the biopsy site, or fever