

# Bone Marrow Aspiration and Biopsy: After the Procedure

Once you are home, follow any instructions your care team gave you. Take all medications as directed. This document gives you directions about care for the procedure site and things you should not do for a few days.

## In 2 to 4 hours

Look at the procedure site to make sure it is not bleeding. If it is still bleeding, call us at 312.695.0990 (TTY: 711).

## For the first 24 hours

Leave the bandage on the procedure site for 24 hours to lower the risk of infection or bleeding. Keep the procedure site and bandage dry.

Follow these guidelines for the first 24 hours:

- › Do not take ibuprofen or other nonsteroidal anti-inflammatory medications (NSAIDs). These can increase bleeding.
- › Do not exercise or lift anything heavier than 10 pounds.

## For the first 72 hours

Do not take a bath, swim or use a hot tub for 72 hours. You may shower after 24 hours.

## Managing pain

You may feel soreness at the procedure site (usually the hip). This is normal. Use an ice pack to help with discomfort.



You may be able to take acetaminophen (Tylenol®), 650 mg, if needed.

- › If you have a low white blood cell count (neutropenia), talk to your care team first.
- › Check your temperature before taking acetaminophen.
- › If your care team says it is OK, you may take acetaminophen every 4 to 6 hours as needed for up to 2 days.

## When to call

Call **312.695.0990** (TTY: 711) right away if you have any of these symptoms:

- › Temperature more than 100.4 degrees F
- › Increased redness or swelling, warmth or pus or bad-smelling drainage at the procedure site
- › Bleeding from the procedure site that does not stop
- › Pain that does not get better with acetaminophen
- › Increasing pain, swelling or numbness around the procedure site
- › New pain, numbness or weakness in your leg on the side of the procedure

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If you have any questions, please contact your care team.

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