

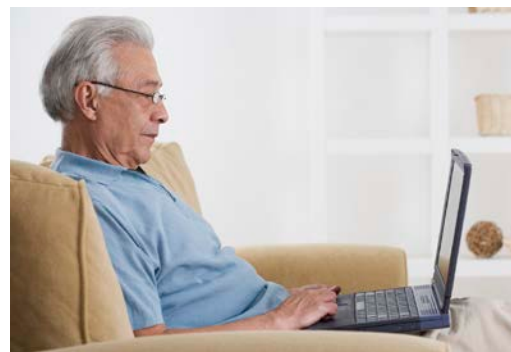
## Ultrasound: After Your Guided Fine Needle Aspiration

### *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.



*After your procedure, do only light activity for the rest of the day.*

### 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