

Bone Marrow Biopsy

Post Procedure Instructions for Patients

- You **must not** drive a vehicle for 24 hours after the procedure as you have had an anaesthetic.
- You **must not** consume alcohol for 12 hours after the procedure.
- You should rest for 24 hours after the procedure.
- There are no restrictions on activity, but if it is painful, don't do it.
- The dressing must remain dry and in place for 24 hours.
- After 24 hours the dressing is to be removed.
 - The wound doesn't require any other dressing.
 - Apart from a small bruise, the wound should look okay.
 - Check the wound site daily after your shower for signs of infection or a slow bleed (*see below*).
- Take panadol (Paracetamol) 1 gm every 4 to 6 hours if you have pain or an ache at the wound site.
- DO NOT take non-steroidal anti-inflammatory drugs e.g. Ibuprofen (Nurofen) and Aspirin as they increase the risk of bleeding.
- Do not sit / swim in a bath, spa, swimming pool or ocean for 5 days after the procedure due to the risk of infection.

Signs of infection:

The wound site is red, hot to touch, painful or you may have a temperature.

Action: See your GP immediately.

Signs of a slow bleed:

Swelling under the skin at the wound site. This may be hard or soft.

Action: See your GP immediately.

If you have pain unrelieved by regular panadol, bleeding or swelling that occurs at the wound site contact:

- **In hours: Your Haematologist or the Haematology Registrar rostered for consultation - via the hospital switchboard**
- **Out of hours - The on-call Haematologist via the hospital switchboard.**

or

- **Present to the Emergency Department**