Patient Instructions: Post Bone-Marrow Aspiration & Biopsy

There are several precautions to take following a bone-marrow aspiration and biopsy. On this page you'll find the information you need to care for the site and pain. Also covered is info on allowed activity and follow-up exam.

The Site

You will go home with a pressure dressing over the bone marrow aspiration site. Leave the dressing on overnight; it may be removed in the morning.

Call the clinic if the dressing is saturated with blood or the site becomes red, more painful, or drains fluid. You may shower in the morning but do not take a tub bath or swim for 3 days.

Pain Control

The site may be painful for a few days to a week. Generally 1-2 Tylenol (acetaminophen) every 4 hours, as needed, will control the pain. Avoid non-steroidal anti-inflammatory medications ibuprofen and aspirin. If taking other pain medications, check for acetaminophen content. Take no more than 4,000mg per day.

If you have difficulty with pain control, call the clinic.

Applying an ice bag to the site may ease the discomfort the first day – 20 minutes on, 20 minutes off – as long as it seems helpful.

Activity

There are no activity restrictions, but take it easy the first day. Rest helps the healing process. Call the clinic or Oncologist on call if you have numbness or tingling in your legs.

Follow Up

You will return in approximately one week to discuss the bone marrow results with the Oncologist. Please call the clinic at 299-4200 if you have any concerns or questions not addressed above and we will be happy to answer them.