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please call your provider.**
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Breast Hematoma

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What Is a Hematoma?

A hematoma (hee-mah-toe-mah) is a collection of blood under the skin. Some women may get a hematoma at the site of a breast biopsy. A hematoma is similar to a deep bruise.

Treatment for a Hematoma

Most hematomas will heal on their own. Healing may take from 4 to 6 weeks or longer. Very large hematomas might have to be surgically drained.

Home Treatment – Start With Ice

If you get a hematoma, place ice on the area to control the swelling for the first 48 hours:

- Apply ice for 20-30 minutes at a time.
- Use ice 3 or more times a day.
- Do not apply the ice directly to the skin. Wrap ice in a towel or other cloth.
- Do not do things that might increase swelling. For example, do not use hot packs, heating pads, or take a warm bath.

After Two Days – Start Using Heat

After 48 hours, if the swelling has gone down, apply gentle heat with warm wet towels, a hot water bottle, or a heating pad. The heat helps the blood to absorb.

- Apply heat for 20 minutes at a time.
- Use heat 2 or 3 times each day.

Heat can cause swelling. After using heat, you may notice swelling in the tissue around the hematoma. You can use ice after the heat to decrease that swelling.

About Pain

Hematomas often cause some pain. You may try:

- Taking Acetaminophen products, such as Tylenol. See the package instructions for correct dose.
- Wearing a supportive bra.

About Infection

The pool of blood in a hematoma can become infected. Please call your primary care provider or surgeon if you notice any of these signs:

- Breast is warm to the touch
- Breast looks red
- Swelling increases
- Fever of 101 degrees Fahrenheit or more
- Increased pain
- Colored drainage coming from the biopsy site