



ST. VINCENT CHARITY  
MEDICAL CENTER

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*A Ministry of the Sisters of Charity Health System*

## POST-MAMMOGRAM INSTRUCTIONS

We regret any discomfort that you may have experienced as a result of breast compression during your mammogram examination.

It may be helpful for you to know that because of the compression, the images of your breasts were much clearer and you received less radiation than would have been possible without the temporary discomfort that you may have experienced. It is important, therefore, for you to understand that: 1) the compression is not dangerous, that it does not in any way damage breast tissue, and 2) that it produces no long-term discomfort. With compression, we obtain the best possible view of the inside of your breast with the least amount of radiation.

You should not be alarmed if, as a result of this compression, there is some temporary skin discoloration involving one or both of the breasts. Occasionally there will be mild aching as a result of the compression. If this discomfort is bothersome, it will be relieved by buffered aspirin or Tylenol, which you can take if you are not allergic to either of these medications.

Also while the mammogram is the best single method of detecting breast cancer, it does not find all breast cancers, so it is important for you to do monthly breast self-examination on a continuing basis, and to see your doctor whenever (s)he recommends.

A copy of your report will be forwarded to your physician and you will be receiving a letter from us with the results of your mammogram within 14-21 days. If the results show that additional examination is recommended, you will be asked to contact your physician to discuss details of the report and obtain a prescription for these tests.

Thank you.