

2. Infection

- Infection is rare after a biopsy procedure. If you develop significant redness, heat, tenderness and or pus draining at the biopsy wound, contact your GP.

Patients on anti-coagulant therapy

If bleeding has stopped adequately after the procedure, patients receiving anti-coagulation therapy should resume their normal dose of medication on the day following the procedure. Advice will be given before you leave the Breast Unit.

For patients receiving Clexane/ Enoxaparin, resumption of medication should be discussed and agreed with the clinician/haematologist prior to the procedure.

We advise you not to drive after the procedure and have arrangements in place to be accompanied home.

Useful Telephone Numbers:

Mammography Unit
Breast and Endocrine Centre
Tel: **(028) 9055 3229**

Emergency Department
Ulster Hospital
Tel: **(028) 9048 4511** Ext: **82565**



South Eastern Health
and Social Care Trust

Department of Radiology

Aftercare Instructions for Vacuum-assisted Core Biopsy of Breast

The Wound

- Paper stitches applied over the skin incision need to remain in place for 2 - 3 days. If they come off, please replace them with the extra ones provided
- The pressure pad can be removed after 24 hours
- A non-wired tight bra should be worn for 48 hours (day and night)
- Avoid washing the area for 24 hours. You may then shower but do not scrub the wound vigorously while washing
- Do not soak the biopsy area in water (eg. bathing, swimming etc.) until 1 week after the biopsy
- Do not apply any cream or powder to the wound
- It is advisable to refrain from physical activity for 24 hours following the procedure
- Avoid heavy lifting, pulling, stretching or activities that will stretch or bounce the breast for approximately 1 week.

Bruising

- It is normal to expect some bruising but this will resolve within 1 - 2 weeks. You may also develop a lump known as a haematoma at the site of the biopsy, this will resolve, however it may take several weeks.

Skin Dimpling

- Occasionally, because of the size of the sample required, skin indentation/dimpling can occur at the site of the biopsy.

Pain Relief

Some pain is to be expected in the breast.

- If desired, an ice pack can be placed inside your bra, over the pressure pad. Leave the ice pack on the biopsy site for one hour
- If pain relief is necessary, Paracetamol or Paracodol may be taken. Avoid products containing Aspirin or Ibuprofen.

Potential Complications

1. Bleeding

- Should the wound start to bleed, pressure should be applied to the wound area (as shown after the biopsy) for 10 - 15 minutes. If significant fresh blood has appeared, apply 10 more minutes of pressure and repeat until bleeding stops
- By applying firm, steady pressure to the wound site, you can stop almost all bleeding. In the rare instance that the bleeding does not stop, or the breast becomes swollen, medical help should be sought from the Emergency Department.