



“The Wound”

On completion of the procedure, paper stitches will be applied over the incision. These should be removed after 3 days.

Wash or bathe with care.

Bleeding

If you observe any bleeding from the site or if it begins to swell significantly, press firmly on the area for at least 10 minutes. This action is normally sufficient to stop the bleeding/swelling.

If the site continues to bleed heavily or to swell, maintain pressure and contact your GP as a matter of urgency or attend the Emergency Department.

Please be advised that this is very unlikely to occur.

Bruising

It is normal for the area to be bruised following the biopsy.

If the area becomes significantly swollen or very painful, seek medical advice immediately from your GP.

Pain Relief

When the local anaesthetic begins to wear off, the area may feel bruised and sore. We recommend that you take a mild pain killer, Paracetamol or Paracodol, before the pain becomes uncomfortable.

Any pain medication must **NOT** contain Aspirin.

Infection

This is very uncommon but check for signs of:

- localised redness
- heat
- swelling
- discharge from the wound

if this happens, seek medical advice from your GP.

Clothing

We recommend that you wear a supportive bra following the procedure.

Activity

Avoid strenuous activity and heavy lifting for 48 hours after the procedure.

Light activities can be continued as normal.



South Eastern Health
and Social Care Trust

Aftercare instructions for Core Biopsy

The Ulster Hospital

Patient Information

