

Breast Care For Patients Undergoing Breast Core Biopsy





Breast Core Biopsy and post- procedure care

It has been necessary to perform a core biopsy today which is a minor diagnostic procedure taking a small piece of breast tissue.

A small incision approximately 3-5mm long will have been made on the breast where the biopsy was taken. Steristrips (paper strips) will be applied to this area, followed by a waterproof dressing. This needs to be kept as clean and dry as possible. You may have a shower or shallow bath. Please remove the dressing and paper strips in 2-3 days; no further dressings are needed on the biopsy site.

If you take blood thinning medication (for example, aspirin, Clopidogrel, warfarin) you may need to stop taking them for a short time after the procedure. The radiologist will discuss this with you before you go home.

You may notice some bruising at the biopsy site. This is to be expected after a biopsy and will subside over the next week or two.

Bleeding or swelling is rare but if it does happen please follow these instructions:

- Remove the dressing from the biopsy site.
- Cover the biopsy site with tissues, a paper kitchen towel or clean tea towel and **apply pressure** to the breast over the biopsy site with the flat of your hand for 15 minutes.
- If the bleeding or swelling continues **after 15 minutes you should go to your local Accident and Emergency department/ minor injuries unit, taking this information sheet with you.**

Infection

On rare occasions an infection of the biopsy site can occur. If you think you may have any signs of infection i.e. raised temperature, the skin becomes fire-engine red in colour and hot to touch please contact the Breast Clinical Nurse Specialist or NHS 111 (if out of hours).

If antibiotics are required they will be prescribed.

Will you feel pain?

The local anaesthetic which was injected at the time of your procedure will wear off after two to three hours. If your breast then feels uncomfortable or painful, take a mild painkiller such as paracetamol. **Avoid taking medication that contains Ibuprofen or aspirin** for the first 24hours, as these could cause extra bruising in the breast.

Results and follow-up appointments

The samples will be sent to laboratory to be analysed and you will be given or sent an appointment to return to the Breast Clinic usually in 1 - 2 weeks for the results. If you do not receive an appointment please phone the **Breast Clinical Nurse Specialists on the numbers below.**

Contact details

Breast Unit Reception Desk
01225 825881

Breast Clinical Nurse Specialists Office
01225 824057 (answerphone) Hours of work 9am-5pm

Breast Clinical Nurse Specialists:

Cherry Miller
Kate Hope
Debbie Cole
Rachael Bolitho
Irene Buckley

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.