

BREAST CARE AFTER YOUR NEEDLE BIOPSY

- The Steri-strips and dressing should be left in place for 48 hours, and can then be removed
- The dressing is splashproof but not waterproof, so please adapt your wash/shower/bath such that it does not get soaked
- You may experience some discomfort in your breast after the local anaesthetic wears off. This should settle over the next day or so. If you need to, take a simple painkiller, such as Paracetamol, **but NOT Aspirin**
- We advise you to rest for the remainder of the day and not to do any strenuous exercise (such as aerobics or heavy lifting) for 24 hours
- Some bruising at the biopsy site is to be expected. The extent of bruising is unpredictable but is usually minor and will clear over the next week. Occasionally, the bruising may involve the whole breast or a lump may appear. This may be more painful but will settle with time (it can take a few months for any lump to resolve)
- If you notice **excessive** swelling, pain, redness or bleeding, please call the Breast Care Nurses **01752 431898** (Mon-Fri, 8-5) or contact your GP. Pressing on the wound firmly for 10 minutes will stop bleeding, in the unlikely event that it occurs

Getting Your Results

- It may be up to two weeks before the result is ready
- A Breast Care Nurse will contact you to arrange an appointment for you to come back to breast clinic, so that we can explain the result to you

Primrose Breast Team

