



# Ultrasound and X-ray guided core biopsy aftercare

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**This leaflet gives aftercare advice following an image guided biopsy procedure.**

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## **Aftercare advice:**

**The dressing:** The dressing that was applied should be left on for 48 hours and kept clean and dry. After 48 hours you should remove it. You may find it easier to do this by soaking it off in the shower. If you experience any skin irritation from the dressing, please remove it immediately and replace it with another suitable dressing, e.g. large plaster.

**Pain:** The local anaesthetic will wear off after a few hours and you may experience some discomfort and soreness. If your breasts feel tender following the examination, please take over the counter painkillers, such as paracetamol, following the instructions on the packet. Avoid products containing aspirin.

**Bruising:** The amount of bruising after this procedure varies widely. Any bruising around the biopsy area can take 1 or 2 weeks to clear up. Bruising inside the breast can make your breast feel lumpy or it may make a lump that you already have feel bigger than it did before. This is normal after a biopsy and will settle as the bruising settles.

**Bleeding:** In the unlikely event that the biopsy site begins to bleed, apply firm pressure with a clean dry cloth over the original dressing for 10 minutes. Do not remove the pressure before this time. If bleeding continues, please contact your GP or NHS 111 out of hours.

**Infection:** Although we take precautions to prevent infection, there is a small possibility that the biopsy site may become infected. If you experience any of the following symptoms: high temperature, pus from the biopsy site, reddening skin that is swollen or hot to touch, please contact your GP or the nurse practitioners from the Breast Clinic on 0118 322 8672 / 7895. Out of working hours, please contact NHS 111.

**Exercise:** It is recommended that you rest on the day of the biopsy and avoid any heavy lifting or other heavy jobs for a few days. Also avoid swimming or sport for 48 hours after the biopsy.

**Bras:** Underwired bras can be worn as normal following the biopsy procedure to provide support to the breast. However, you may find it more comfortable to wear a soft non-wired bra or sports bra.

## **Results**

Result can take up to 2 weeks, and will be given to you by a member of the Breast Clinic. The consultant radiologist or radiographer will explain how you will receive the results at the time of the procedure.

## **More information**

If you have any concerns or worries related to this procedure, please contact the nurse practitioners from the Breast Clinic on 0118 322 8672 / 7895. Outside of normal working hours, please contact your GP or NHS 111.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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