

Oxford Breast Imaging Unit, Churchill Hospital

Core biopsy of the breast aftercare



After the core biopsy procedure done today, we would like to offer the following advice:

Bleeding

If you observe any bleeding from the site, or it begins to swell significantly, press firmly, directly on to it, for

10 minutes. Do not remove the pressure before this. This action should normally be sufficient to resolve the problem. If it continues to bleed heavily or to swell, maintain pressure and contact your GP urgently. They will advise or refer you to the John Radcliffe Hospital if needed. If you are unable to contact your GP, go to the Emergency Department. We would like to stress that this is very unlikely to occur.

Bruising

It is normal for the area to be bruised after the biopsy. This bruising may extend below the breast. However, if it becomes significantly swollen or very painful, seek medical advice immediately from your General Practitioner.

Wound dressing

Please keep the wound covered and dry for 48 hours. Wash or bathe with care. After 48 hours, remove the dressing.

Pain relief

When the local anaesthetic begins to wear off, the area may feel bruised and sore. We recommend that you take a mild painkiller before the pain becomes too uncomfortable. Any pain medication taken must **NOT** contain aspirin.

Clothing

We recommend that you wear your bra after this procedure. Some women may find it more comfortable to wear it overnight on the first night. Do make sure that the bra is not too tight.

Activity

Avoid strenuous activity and heavy lifting for 48 hours after the procedure. Light activities can be continued as normal.

Infection

This is very uncommon but check for signs of localised redness, heat, swelling or discharge from the wound.

You may also feel unwell, possibly feverish. If this happens, seek medical advice from your General Practitioner.

If you have any questions or concerns please do not hesitate to contact us.

If you had your core biopsy at the Churchill Hospital you can contact the Breast Imaging Unit on **01865 235625** or **01865 235621**, or call the Breast Care Nurses on **01865 235773** or **235640**.

If you had your core biopsy at the John Radcliffe Hospital you can contact one of the Breast Care Nurses on **01865 235641** or **235642** or **235639**.

These contacts are available Monday - Friday, office hours only. For any urgent problem outside these hours please contact your GP service.

Appointment:

Time:

Date:

Location:

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

Authors S. Babb and J.Pickvance
Version 6 May 2011
Review date: May 201
Oxford Radcliffe Hospitals NHS Trust
Oxford OX3 9DU
www.oxfordradcliffe.nhs.uk