

What can I expect after my biopsy?

You can expect a bruise at the site of your biopsy.

You can use an ice pack to reduce the bruising. If you don't have an ice pack try using a packet of frozen peas.

The ice pack may help relieve tenderness as the anaesthetic wears off. Some people bruise more readily than others and bruising can last up to two weeks.

If the wound continues to bleed, apply firm pressure over the wound for 5 minutes.

If you notice ongoing tenderness, redness or heat, and/or have "Flu-like" symptoms, please contact your doctor (GP). Inform them you have had a breast biopsy.

What medications can I take?

For pain relief take Paracetamol e.g. Panodol (if you are not allergic to it).

Do not take Aspirin, Nurofen or Disprin, as these medications thin the blood and can increase bruising.

Do not take Arnica for 24 hours as this slows clotting and may cause more bleeding.

How do I care for the biopsy site (wound)?

Please keep a clean dressing in place for at least 48 hours.

The dressing is waterproof so you can keep it on in the shower. Replace it with a new one if any moisture gets underneath the dressing.

It is important to keep the wound dry and covered until it is healed.

You may drive or return to work after the biopsy today, but avoid strenuous exercise, such as heavy lifting or a gym work out for 24 hours.

How will I get my results?

You will have a follow-up appointment with the Outpatient Breast Clinic to receive the results of today's biopsy. This may not have been sent to you but should be 2-3 weeks after the biopsy.

If you have not heard from the Breast Clinic by 2 weeks after your biopsy, ring the number below to make an appointment.

Contact:

Main Outpatient Clinics

Level 2

Wellington Hospital

Phone: (04) 806 0358 (Nurse's answerphone)

Hours: 8am-4pm, Monday to Friday