

# Breast Biopsy after care sheet

Patient Information



CCDHB Radiology Service – Mammography Wellington Hospital

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

To minimise the bruise please apply an ice pack. 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.

For pain relief take Paracetamol e.g. Panodol (if you are not allergic it). Do not take Aspirin, Neurophen or Dispirin, as all 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.

If after 48 hours you notice any tenderness, redness or heat at the biopsy site, and/or have “Flu-like” symptoms please call your GP or after hours Medical Centre as you may have an infection and need antibiotics. Inform them you have had a breast biopsy.

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

Keep the wound dressing on in the shower and replace the dressing with a dry one afterwards, a band-aid is fine.

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.

Please keep your follow-up appointment with the Outpatient Breast Clinic to receive the results of today’s biopsy. An appointment should have already been sent to you.

If you do not have an appointment, please call them and arrange one for 2 weeks’ time.

**Contact:**

**Main Outpatient Clinics**

**Level 2**

**Wellington Hospital**

**Phone:** (04) 806 0358 (Nurse’s answerphone)

**Hours:** 8am-4pm, Monday to Friday