

Please keep the dressing in place for at least 24 hours, keep the wound dressing on in the shower and replace the dressing with a dry one afterwards. You can use a band aid if you like. 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.

You can expect a bruise in the area of your biopsy. To minimise the bruise please apply an ice pack (or something from the freezer). 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.

For pain take Paracetamol e.g. Panodol - if you are not allergic to 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.

Keep an eye on the wound

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

If you notice any tenderness and 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. Tell them you have had a breast biopsy.

If you have excessive swelling, pain, redness or bleeding, please call your GP or after hours Medical Centre or Emergency Department. Tell them you have had a breast biopsy.

Please keep your follow-up appointment with the Outpatient Breast Clinic for the results of the 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.

Rest

Take it easy for a while, having a biopsy can be emotionally and physically draining. Take some time out and have a treat.