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# ***After your core biopsy***

***Information for  
patients and carers***

**Radiology Department  
Aberdeen Royal Infirmary**



## ***After your biopsy***

You have had a test today known as a core biopsy. As a result of this needle test you may develop some bruising within your breast. To limit the amount of bruising that develops we recommend:

1. Keep the dressing which the nurse applied dry for 24 hours. After 24 hours you can remove the dressing.

If you develop any itching around the area, remove the dressing immediately as this may suggest an allergy.

If you have paper stitches (sometimes called Steri-Strips®) leave these until they come off on their own. If they're still in place one week after your biopsy they may need just a little help to come off.

2. Keep some gentle pressure on your dressing by putting your bra on top of the dressing and keeping your bra on overnight.

3. Do not do any heavy lifting, exercise or other activity where you have to use the arm on the side on which the biopsy was taken, for the next 24 hours.

Remember that heavy lifting can include things like carrying shopping bags, lifting children and vacuuming.

4. If you need painkillers due to the discomfort at the biopsy site, please use paracetamol. **Do not take** aspirin or ibuprofen (such as Nurofen<sup>®</sup> or Brufen<sup>®</sup>) as these drugs can affect your blood clotting and may increase the amount of bruising.
5. If you have bleeding at the biopsy site, apply pressure for 10 minutes with your flattened hand.

To relieve discomfort it may help to apply a small ice pack over the area intermittently for 3 to 4 hours after your procedure. If you use an ice pack, apply it over the dressing and **not** directly onto the skin. If the bleeding persists, contact your GP for advice (or NHS24 on 111 if after working hours).

## ***Is there anything I should look out for?***

The risk of developing an infection after a breast biopsy is very low, but please look out for any redness or inflammation of your breast or any unusual discharge from the biopsy site.



Signs of infection can also include feeling hot, sick, tired or feeling pain in the breast that won't settle with painkillers.



An extremely rare complication of this procedure can occur if the needle goes off course resulting in a small puncture in the lining of the lung. If you become unusually short of breath, contact your GP or NHS24 immediately.



## ***How do I get my results?***



The result of your test today will not be available for approximately 10 days. If you do not have an appointment to discuss the result of your core biopsy test and do not receive one within the next 2 weeks, please telephone the secretaries in Ward 315 on the following numbers:

### **Secretaries' phone numbers:**

 (01224) 552739 

 (01224) 552106 

 (01224) 552105 

 (01224) 559404 

Secretaries are usually available 9am to 4.30pm,  
Monday to Friday



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