

Core biopsy aftercare

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

What happens after the procedure?

- A dressing will be applied to the area; please keep this on for the first 24 hours and avoid having a bath or shower in this time.
- You should avoid strenuous activity, such as lifting, for the first 24 hours.
- Sometimes a lump is felt and some bruising is normal. If you experience a lot of swelling or bleeding, apply pressure to the area and then contact the breast care nurses on 01271 349115, between 8:30am to 5pm Monday to Friday. Out of these hours, please call 111.
- You can take paracetamol for pain and discomfort if you are not allergic to it. Please refrain from taking aspirin or ibuprofen as this can increase bruising and discomfort.
- It may help to wear a supportive bra both day and night for the first 24 to 48 hours.

Further information

The Clinical Nurse Specialists in Breast Care can be reached on 01271 349115 during the hours of 8.30am to 5pm Monday to Friday, or there is an answer phone and we will get back to you as soon as possible. If you have a problem in the evening or at the weekend, please call 111.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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