

# Advice after punch biopsy

## Breast Care

### 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 [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

We have performed a punch biopsy of your breast today.

A steri-strip and dressing were placed over the biopsy site. Please keep this dry for 48 hours. The dressing can then be removed after 48 hours.

You may resume your usual daily activities. However, we would advise not to do any strenuous activities or exercise for 24 hours after your biopsy.

You may experience some pain and discomfort after the effects of the local anaesthetic wears off. We would advise that you take some simple pain relief such paracetamol to help prevent any discomfort.

You may experience some bruising / swelling to the area; this should resolve in the following 2-3 weeks.

If you experience any bleeding from your biopsy site, please apply pressure for 15 minutes and contact the breast care nurses.

If you have any concerns, please call the breast clinical nurse specialists on 01271 349115 (8am – 4pm) for support and advice .

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## 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 [ndht.pals@nhs.net](mailto:ndht.pals@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.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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