

Breast care after your needle biopsy

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.

You attended the Breast Care Unit today for a needle biopsy of your breast. A dressing was placed over the needle site.

Instructions for you to follow after having a breast biopsy

1. The biopsy area should be kept dry and the dressing over the wound should be left in place for at least 24 hours. It can then be removed. You can replace the dressing with a small plaster if needed until the wound has healed.
2. You may experience some discomfort in your breast after the local anaesthetic wears off. This will settle over the next day or so. If you need to, take a simple 'pain killer' such as paracetamol. **Please do not take aspirin** as this could cause further bleeding. Wearing a supportive non-wired bra for the first 24 hours after your biopsy may provide additional comfort and support.
3. You may go back to work after your biopsy, but we advise you not to do any strenuous exercise or heavy lifting for 24 hours.
4. Some bruising at the biopsy site is to be expected and will clear over the next week. Occasionally, a small lump may appear due to the bruising. This will also settle eventually.
5. If you notice swelling, pain, bleeding or a new fever, please contact your GP or call NHS 111.
6. A doctor or nurse will discuss your results with you when they become available. This is usually within 7-14 days.
7. If you have any questions, please contact the Breast Care Nursing Team on 01271 349115.

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. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS 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.

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