

# After your breast needle biopsy

You have had a needle core biopsy of your breast. This leaflet gives you information about what to do afterwards. If you have any further questions, please get in contact using the details on page 2.

## What should I do when I get home?

- You can go back to normal activity straight away. You should avoid any strenuous activity, such as heavy lifting, jogging and aerobics for one day as this could make the biopsy site bleed.
- Once the local anaesthetic wears off after 2-3 hours your breast may be tender or painful. If the area becomes particularly uncomfortable take a mild over the counter painkiller, such as paracetamol, following the instructions on the pack. Avoid taking a non steroidal anti-inflammatory drug (NSAID) such as ibuprofen or medicines that contain aspirin, as these could cause extra bruising in the breast.

## How should I care for the biopsy site?

- **Dressing the wound:** the small cut in the skin has been closed with a paper stitch (steristrip) and covered with a waterproof dressing. Keep this dressing on for three days. On the fourth day you should remove the dressing and steristrips.
- It is common for the biopsy area to become bruised and it may become swollen. If this happens there is no need for alarm as the bruising will subside over the next week or so.

## What if I have a problem at home?

- If bleeding occurs from the skin or the breast swells, remove the dressing and apply pressure to the biopsy site. Do this by firmly pressing with the flat of your hand for 10 minutes using either tissues or a paper kitchen towel in the same way the nurse pressed immediately after the biopsy.
- If after 15 minutes the bleeding or swelling continues please go to your local A&E or minor injuries unit for further advice.

## When will I get the results of the biopsy?

- You will have been told how you will get the results of your biopsy. You may need to return to the breast clinic at the hospital after a few days – if so, you will have been given an appointment for this.
- Alternatively, the breast clinic will write to you with the results.
- If you have not heard from us within two weeks, please telephone the Breast Clinic on 020 7188 1483.

## Contact us

If you need advice or are unable to attend your appointment, please contact the breast clinic on **020 7188 1483** (Monday to Friday, 9am to 5pm).

If you feel you need urgent medical attention or are worried about anything outside our normal opening hours, please either:

- contact your GP
- contact NHS 111 (see below)
- go to your nearest minor injuries unit or (in an emergency) your local emergency department (A&E).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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