



Beaumont Hospital

Patient Information  
on

# Post Biopsy Instructions

Your breast core biopsy was performed by

Dr. \_\_\_\_\_,

Consultant Radiologist.

Please note that after having a breast core needle biopsy it is normal for your breast to be tender and uncomfortable for a few hours.

### **What do I need to do post biopsy?**

- Keep the biopsy site clean and dry today. You may shower normally tomorrow.
- The outer bandage may be removed tomorrow while the 'steristrips' should be left to fall off by themselves. (This may take several days)
- We recommend that you avoid strenuous work and/or exercise today. You may return to normal activities tomorrow.

### **If I require pain relief what should I use?**

- We recommend using oral 'Paracetamol'. Avoid Aspirin, Nurofen or anti-inflammatory medications unless you take them regularly for other medical reasons as these may cause increased bruising.
- Application of an ice pack to the site of biopsy often provides pain relief.

### **What complications should I watch for?**

- **Bruising:** Bruising around the biopsy site is normal and common. Please take note that bruising may take a number of weeks to resolve.
- **Bleeding:** If you notice bleeding from the wound place firm pressure on the biopsy site for ten minutes. If the

wound continues to bleed, contact us on one of the phone numbers listed

- ***Infection: the signs of infection are as follows***
  - Severe pain at the biopsy site.
  - Discharge from the wound.
  - Increased body temperature (shivers and rigors)

If you notice any of these changes contact us on one of the phone numbers listed below or contact your GP.

### **Who should I contact if I have a complication?**

In the event of a complication or a query relating to your biopsy, contact us by telephone on one of the numbers listed below

Breast Imaging Office (01) 8092279

Breast Care Nurses (01) 8093183

### **When will I get the results of the Biopsy?**

- The pathology results from this biopsy will be available at your next clinic appointment. If you do not have an appointment already please contact the relevant secretary.

\_\_\_\_\_ (01) 8093760

\_\_\_\_\_ (01) 6459620

\_\_\_\_\_ (087) 2338235

***It is a good idea to bring someone with you when you are coming back for results to help take on board any information given and to ask questions that you may forget to ask.***

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