



## ***Advice after a breast biopsy*** (page 1 of 2)

You have just had a needle biopsy. Here is some information for you:

It is a good idea to bring someone with you to your next appointment, either a family member or a close friend. At this appointment you will receive your results and any further investigations or treatment you may require will be discussed with you.

### **What to do after your biopsy**

Please keep the pressure dressing on for the first 24 hours then remove it. There is a very small plaster underneath the pressure dressing. Leave the plaster on for a further 2 days then remove it.

You need to avoid strenuous activity including lifting, gardening and sports for 24 hours. We advise you not to swim for at least 5 days; this is to avoid the small wound being in water for long periods of time.

Some bruising is normal, but if you get a lot of swelling apply pressure to the area with the flat of your hand or a small, folded clean towel, inside your bra and contact the Breast Specialist Nurses on 01722 336262 ext. 5913/5910 in office hours. Contact the NHS on 111 out-of-hours. If you do get a lot of swelling, do not remove the dressing until you have had medical advice.

### **Bathing and showering**

When the large pressure dressing has been removed (24 hours after your biopsy), you may bath or shower as you wish. Before the dressing is removed, we recommend that you do not shower, but you may bathe, as long as the dressing stays dry.

### **Will I have any pain or discomfort?**

You may feel some minor pain or discomfort. You may take Paracetamol or your normal painkillers. However you must not take aspirin, as this may encourage more severe bruising and bleeding.

### **What else should I do?**

It would help to wear a good support bra both day and night for the first 2 days. This will help to prevent swelling, bruising and discomfort.

If you need further help or advice, please contact

Breast Specialist Nurses                      01722 336262 ext. 5913/5910.

Please use the space on the back of this page to note down any questions you may have on your next visit.

**Breast Specialist Nurses**  
**01722 336262 ext. 5913/5910**

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

