

Vacuum-Assisted Biopsy

Aftercare Instructions

Radiology

Patient Information Leaflet

- You must stay in the department for at least half an hour after the biopsy.
- Leave the dressing on your breast for 24 hours if there is no obvious bleeding.
- Do not undertake any vigorous exercise or heavy lifting for 24 hours following your biopsy.
- Some bruising around the biopsy area quite commonly occurs during the first five to seven days after the biopsy (or longer if the initial bleeding during the biopsy was greater than usual). This temporary bruising of the breast after a biopsy is normal and usually not a medical concern and will gradually fade away.
- If your biopsy site begins to bleed, apply a clean dressing over the existing dressing and apply firm pressure directly to the biopsy site. A cold pack may also be used to relieve swelling and reduce bruising.
- In exceptional circumstances it is possible for heavy bleeding to occur. Apply pressure immediately to the biopsy site for at least 10 minutes and contact us on the number below, so that we can advise you of any further action to take.
- If it is not possible to contact us on the number shown, please contact or visit your local Accident & Emergency department for advice.
- If you experience any excessive swelling, redness or heat in the area of biopsy or the breast contact us on the number below, so that we can advise you of any further action to take, in case of infection or contact your own GP.
- If your breast is tender you can take pain relief as you would for a headache, for example, two paracetamol. Do not take any medicine which contains aspirin (unless prescribed). Sleeping in a soft bra may help to support the breast and ease any discomfort.

Appointments for results

You will be offered an appointment to discuss the results of the biopsy, in clinic or by telephone. If your results are not ready or we need to rearrange your appointment, the clinic co-ordinator will contact you, which may be at short notice.

If you are attending an appointment in clinic to discuss your results you are welcome to bring your partner, a friend, or relative, should you wish for support.

- Contact telephone number: (01524) 583050 Mon-Fri 9am-5pm.
- Breast Care Nurses, Royal Lancaster Infirmary (01524) 583045.
- Breast Care Nurses, Furness General Hospital (01229) 403607.

Leaflet Details

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Other formats

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

Travelling to our hospitals

For the best way to plan your journey visit our website:
<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

Useful Contact Details

NHS 111 (for 24 hour urgent health advice): telephone 111

Your Information

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

Evidence

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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