

Breast vacuum biopsy/excision

Information for patients

Aftercare instructions

- To help prevent bruising and bleeding your breast has been compressed for following the procedure.
- You must stay in the department for at least half an hour after the biopsy.
- Before leaving the department your wound has been checked by:
at:.....
- Leave the **top** dressing on your breast for 24 hours **and** if there is no obvious bleeding **it can be gently removed**, steri-strips should be left in place for about a week and then can be eased off with water in the shower or bath.
- **Do not** undertake any vigorous exercise or heavy lifting for 24 hours following your biopsy.



- If your biopsy site begins to bleed, apply a clean dressing over the existing dressing and apply firm pressure directly to the biopsy site.
- In exceptional circumstances it is possible for heavy bleeding to occur from the biopsy site. If this should occur, roll up a clean towel, lay down and apply as much pressure as possible for at least 15 minutes. If it doesn't seem to be stopping contact us on the number below during normal working hours, so we can advise on the required 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 your breast is tender you can take pain relief as you would for a headache i.e. two paracetamol. **Do not take any medicine which contains aspirin.** Sleeping in a soft bra may help to support the breast and ease any discomfort.
- You may develop some bruising but this will resolve within 1-2 weeks. You may also develop a lump known as a haematoma at the site of the biopsy, this will resolve, however it may take several weeks.
- Please ensure that you have a follow-up clinic appointment to receive the results of the biopsy.

Your clinic appointment is:

Contact phone number: 0113 206 4959

Breast Imaging Suite
1st floor, Chancellor Wing, St James's University Hospital
Beckett Street, Leeds, LS9 7TF