



## Breast core biopsy

### Advice about caring for your breast

#### Aftercare

The small cut where the needle was does not need to be stitched. It will be covered with 2 dressings. The top one is gauze held in place with either Elastoplast or micropore. This dressing is to give a little extra pressure to the site to help reduce any bruising and can be removed after a couple of hours. The small rectangular dressing underneath and the small stick strips on the wound under that should be kept dry and removed after 24 hours. This will give the wound chance to heal over.

#### Pain and pain relief

The local anaesthetic will wear off after about 1 –2 hours and the breast may then feel sore. Painkillers such as paracetamol can be taken as advised on the packet and should be all that is needed. Avoid aspirin or ibuprofen as these can slow blood clotting and may worsen the bruising. The pain should settle after a day or two, if it persists or becomes worse please contact your GP.

#### Bruising

It is usual for bruising to appear around the site of the biopsy. It can cover a wide area of the breast and take a couple of weeks to disappear. A good fitting bra will support the breast and may also help to keep you comfortable.

#### Bleeding

The site of the biopsy should not bleed however if it does press the area for 10 minutes with a cold pad if possible. If the bleeding persists please seek medical help.

#### Activities

It is advisable to 'take it easy' for 24 hours following the biopsy. Avoid heavy lifting; this includes heavy shopping, or aerobic exercise.

## When do I find out the results?

It takes several days for the samples to be examined before the results are ready. Your referring consultant will let you know your results. If you do not hear within 2 weeks please contact the relevant secretary.

- Crawley Hospital: Gillian Dunstan – 01293 600 300 x3276
- East Surrey Hospital: Amanda Bennett – 01737 768 511 x1746

If you have any worries or concerns after your core biopsy, please ring the diagnostic imaging team.

- Crawley Hospital: 01293 600 300 x3040
- East Surrey Hospital: 01737 231 604 x6018

## Contact us

Diagnostic imaging  
Surrey and Sussex Healthcare NHS Trust  
East Surrey Hospital  
Redhill Surrey RH1 5RH  
Tel: 01737 231 604  
[www.surreyandsussex.nhs.uk](http://www.surreyandsussex.nhs.uk)

## Patient Advice and Liaison Service (PALS)

Telephone: 01737 231 958

Email: [pals@sash.nhs.uk](mailto:pals@sash.nhs.uk)

Write to: PALS, East Surrey Hospital  
Redhill, Surrey RH1 5RH

You can also ask a member of staff to contact PALS on your behalf.

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This information can be made available in other languages and formats, including in larger text.  
Contact 01737 231 958 for help.

Author: Senior mammographer  
Last updated: June 2017  
Breast core biopsy patient information