

# Post-stereotactic core biopsy

## Patient instructions

After the biopsy procedure is completed, you will be asked to rest and wait for 15-30 minutes. This is because there will be a small incision in the skin, and the biopsy needle may have caused a small amount of bleeding within the breast. Adhesive strips will be applied to secure the skin incision, and a clear waterproof dressing will go over the strips, allowing you to shower. The dressing can usually be removed three to four days after the procedure.

Whilst you are in the recovery area, and before you leave, the nurse will check the wound to ensure that there is no unexpected bleeding. The nurse will also give you a small ice sachet to place inside your bra, over the dressing. This will help reduce any bruising that may occur, and you can refreeze the sachet at home and apply again if necessary.

Bruising on the skin and tenderness in the biopsy area may occur. This will reduce over the next few days to a week. If you think you might need pain relief after your procedure, please discuss this with your referring doctor, the radiologist or radiology nurse.

### What to do if excessive unexpected bleeding occurs

Bleeding onto the gauze under the waterproof dressing is common. An area the size of a 20 cent piece can be expected, but if the amount is more and the bleeding continues, you should:

- Make a square wad of folded tissues and apply firm constant pressure for 10 minutes
- If bleeding cannot be stopped, contact your GP, breast specialist or go to an emergency department

This is very uncommon.

### Resuming normal activities

It is recommended to rest quietly for the remainder of the day of your biopsy. Most women feel able to return to work the next day and resume usual activity. Active sports and gym programs should not be undertaken for two days.

### Results

The biopsy tissue samples will be sent to the pathology department, and the result will be sent to your referring doctor. The time taken for this varies, but is usually two to three days. Your doctor will either make an appointment for you to receive the results, or phone you.

### Questions

For more information, please contact Cabrini Medical Imaging using the number below.