

Care after Core Biopsy

You have had a core biopsy of your breast done. The following information is to help answer questions you may have.

Things to look for after a biopsy

- **Bruising**

This may be extensive and involve a large part of your breast. The amount of bruising you experience will, in part, be related to how easily you bruise. We try to minimize bruising by applying firm pressure to the site following the test.

- **Soreness**

People experience different levels of discomfort in their breast following this test. You may take plain Tylenol (acetaminophen) and/or apply an ice pack to the area to reduce this discomfort. Avoid aspirin and Advil (Ibuprofen) for 3 days following the procedure. Many patients find that wearing a bra for the first 24 hours decreases discomfort, especially if your breasts are large.

- **Infection**

Any time a needle is put into the body there is the potential for introducing infection. You need to keep an eye on the biopsy site. If you notice redness, swelling or discharge from the biopsy site you should contact your family doctor.

- **Nipple Discharge**

Bloody or clear nipple discharge can be seen following this procedure. This is not a cause for alarm and should subside within 1-2 weeks. Contact your family physician if discharge continues beyond this time.

Activity level

It is possible for you to bleed from the biopsy site after this procedure. Therefore, we suggest that you DO NOT lift heavy objects, vacuum, or exercise the muscles behind your breast for 24 hours. If your work involves physical lifting please notify the staff. A doctor's note will be given to you to be off work for 48 hours following the procedure. If bleeding does occur, apply pressure to the site for 5 minutes. Contact your doctor if it does not stop.

Dressings

A band-aid and/or steri-strips will be placed on the biopsy site after your test. This is to prevent bacteria from entering your breast. Keep it clean and dry. The band-aid and/or steri-strips can be removed after 24 hours. If you also have a pressure bandage on, this can be removed after 2 hours, but leave the band-aid and/or steri-strips on for 24 hours.

How to get your results

You will get your results from your family doctor. The results should be sent to your family physician within 10 days of your appointment (this may fluctuate during holidays).

Contact information

If you have any questions or concerns, please contact the:

Nurse Navigator, (519) 646-6100 ext. 65971
or Technologist, (519) 646-6100 ext. 64060.

The radiologist looking after you today was:

- | | |
|---|---|
| <input type="checkbox"/> Dr. A. Kornecki | <input type="checkbox"/> Dr. G. Muscedere |
| <input type="checkbox"/> Dr. I. Ben-Nachum | <input type="checkbox"/> Dr. M. Grisaru Kacen |
| <input type="checkbox"/> Dr. O. Shmuilovich | <input type="checkbox"/> Dr. P. Crivellaro |
| <input type="checkbox"/> Dr. G. Meglei | |

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