

General statements made in this leaflet do not apply in every case, as each patient is an individual. Your doctor will advise you of any specific aftercare.

Useful Phone Numbers

Lincoln Breast Unit: 01522 537662

Boston Breast Unit: 01205 445998

Grantham Breast Unit: 01476 593945
Email: breastteam.grantham@ulh.nhs.uk

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Advice following your Breast Outpatient Procedure

Breast Care Services

www.ulh.nhs.uk

This leaflet aims to provide advice for patients following a breast outpatient procedure.

You have had :

An aspiration of a cyst

A freehand/USS guided/Stereo guided Core Biopsy

A Punch biopsy

Wound debridement or resuturing

A vacuum assisted biopsy/excision USS/Stereo guided

Other

Leave the dressing on for 48 hours; it may then be removed. You can replace the dressing with an elastoplast or band-aid but it should not be covered for more than 3 days.

You may experience some discomfort in your breast after the local anaesthetic wears off. This will settle over the next few days. You can take simple painkillers such as paracetamol.

You may be advised to wear a supportive bra for 2 nights following your procedure.

You may go back to work after your procedure but we advise no strenuous exercise (aerobics, decorating or heavy lifting) for 24 hours.

Some bruising around the procedure site is normal and if you feel a lump, this may feel bigger due to swelling inside the breast and this is normal. It will settle over the next week.

If you notice excessive bleeding, swelling or pain please call the breast care nurse; details on the back of this leaflet or your GP.

You need to return for any results on:

Monday

Tuesday

Wednesday

Thursday

Friday

At

You will be seen by a Doctor, Breast Care Nurse or both.

We recommend you bring someone with you and you can also bring a note pad to record any information we give you.