



Patient & Family Guide

2023

After Your Image-guided Core Biopsy of the Breast



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After Your Image-guided Core Biopsy of the Breast

What will happen after my core biopsy of the breast?

Controlling pain and/or discomfort

- After your biopsy, you may have pain and/or discomfort and bruising. This may be worse at the puncture site (where the needle was inserted [put in]). This is normal.
- It may help to wear a bra with firm support, even when sleeping.
- If you see bleeding under the bandage, apply pressure and an ice pack to the area. Wrap the ice pack in a facecloth or a towel. **Do not** apply ice directly to your skin.
 - › If the bleeding continues, or if you have signs of infection (see below), call your primary health care provider (family doctor or nurse practitioner), or call 811.

Signs of an infection or that the puncture site is not healing well:

- › Redness, heat, swelling, or pain at the puncture site
- › Yellow or green pus that smells bad
- › Fever (temperature over 38⁰ C/100.4⁰ F) or chills

- Leave the bandage on for 3 days. If the bandage gets wet or comes off before this:
 - › Put antibiotic ointment (like Polysporin®) on the puncture site.
 - › Then put on a clean, dry bandage.

Activity

Do not do strenuous (hard) activities (like tennis, lifting weights, or running) for 24 hours (1 day) after your biopsy.

Black dots at the puncture site

- You may have small black dots on your skin at the puncture site. This is normal. They are caused by the carbon used during the biopsy.
- You will likely have these black dots for the rest of your life. This carbon is safe and will not hurt you.

When will I get my results?

- The results will be sent to your primary health care provider in 7 to 10 business days.
- Your primary health care provider will call you to go over the results.
- Sometimes, your primary health care provider may need more information. If this happens, they may ask you to have another biopsy. They will talk with you about this.
- **If you do not have a primary health care provider, ask a member of your health care team how to get your results.**

If your core biopsy of the breast result is benign (no signs of cancer):

- We recommend that you return in 6 months for a follow-up mammogram (a special kind of X-ray) of the affected breast.
- Your follow-up appointment will be booked by the Nova Scotia Breast Screening Program (NSBSP). They will send the appointment to your primary health care provider's office.
- Your primary health care provider will tell you when your appointment is.
- If you do not have a primary health care provider, you will get an appointment reminder in the mail.

If your core biopsy of the breast result is not normal:

- If your results are not normal, or if **there are signs of cancer**, your primary health care provider will refer you to a breast surgeon.
- The breast surgeon will talk with you about treatment options.

If you have any questions, please call your primary health care provider or the Nova Scotia Breast Screening Program (NSBSP) Patient Navigator:

› Phone: 902-425-2410

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.