

Care and advice after your ultrasound guided soft tissue biopsy

Radiology Department

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Information for Patients

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This leaflet tells you how to care for your biopsy site and what to do if you have any problems.

After the biopsy:

- When the biopsy is finished we will press firmly over the biopsy site until any bleeding stops.
- We may put sticky, narrow strips (steri-strips) on the biopsy site. This helps keep the wound closed.
- We will then put a plaster (dressing) over the wound.
- For some patients, we may put a compression bandage on the wound to help stop it bleeding.

Before you go home:

- You should rest in the waiting area for 15 minutes.
- When you are in the waiting area, if you have any bleeding you should press on the wound and tell a member of staff so they can help you.
- After 15 minutes we will check how you are. You can go home if the wound has stopped bleeding and you feel OK.

Going home:

- After we have checked you are OK, you should go straight home and rest.
- You should expect some bruising around the biopsy site.
- Look after your biopsy site. See the care instructions on the back of this leaflet. Do not do any strenuous activity or heavy lifting for 48 hours (2 days).

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net



Looking after your biopsy site and the dressings

For 24 hours (1 day) keep the steri-strips and plaster on the biopsy site. Keep it dry.

If we put on a compression bandage, take it off after 24 hours.

After 24 hours and for the next 3 days you can have a shower with the plaster still on. You must keep the plaster and biopsy area dry when you shower. You can cover it with cling film to help. If the plaster gets wet, take it off and put a new one on. You can use a plaster you would usually use for a cut.

After 3 days take off all the dressings.

You will have a small scab on your wound. Let it fall off on its own. Do not pick it.

Do not have a bath or go swimming for 7 days or until a scab has formed over the biopsy site.

What to do if you have any problems

- **Pain or discomfort.** You may have pain around the biopsy site for the first few hours. For the pain you can take your usual simple painkillers (like paracetamol). You should try to avoid anti-inflammatory medicines, such as ibuprofen, as they could delay the healing. If a doctor has advised you to take aspirin for another health problem then you should keep on taking this as advised.
- **Bleeding.** There is usually only a very small amount of bleeding. It usually only lasts a short time. If you have any bleeding from the biopsy site apply firm pressure over the dressing for 10 minutes. If the sticky plaster is soaked through, replace it with a new one. **If the biopsy site is still bleeding after 10 minutes call your GP or the NHS helpline on 111 right away.**
- **Bleeding under the skin (haematoma).** You may have symptoms including swelling, pain and tenderness at the biopsy site, redness of the skin, or the skin feeling warmer at the biopsy site. If the haematoma is small and not too painful it should get better over time. If it gets bigger or is very painful **you should contact your GP or the NHS helpline on 111.**
- **Infection.** Signs of this are excessive pain, swelling, redness or oozing. **If you have any of these symptoms of infection or feel unwell with flu-like symptoms you should contact your GP or the NHS helpline on 111 right away.**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net