

Care and advice after your ultrasound guided soft tissue biopsy

Department of Radiology

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 a member of staff will press firmly over the biopsy site until any bleeding stops.
- They may put sticky, narrow strips (steri-strips) on the biopsy site to help keep the wound closed.
- They will then put a plaster (dressing) over the wound.
- For some patients, a compression bandage is put 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 a member of staff will check how you are. You can go home if the wound has stopped bleeding and you feel OK.

Going home:

- After you have been checked, you should go straight home and rest.
- After the biopsy it is usual to get 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.

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

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

Looking after your biopsy site and the dressings

For 24 hours keep the steri-strips and plaster on the biopsy site and keep it dry.

If a compression bandage was put on after your biopsy, 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 might 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 condition then you should continue to take this as advised.
- **Bleeding** - There is usually only a very small amount of bleeding and 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 urgently.**
- **Bleeding under the skin (haematoma)** - symptoms of a haematoma include 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 urgently.**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة 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 ਵਿੱਚ 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

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