

## PATIENT INFORMATION

# Post Breast/Axilla Procedure

## Advice Sheet

We have performed a breast/axilla procedure on you under x-ray or ultrasound guidance today.

Paper stitches and a dressing were placed over the needle site after compression to reduce bruising and stop any bleeding. This needs to be kept dry for 48 hours, it can then be removed.

Sometimes we may need to place a pressure dressing on top of this to provide further compression when larger procedures are undertaken. This must be removed after 24 hours to avoid blistering the skin; but if any itching occurs remove this immediately.

You may experience some pain and discomfort after the local anaesthetic wears off. If you need to, take some simple painkillers that you know are safe for you to take, such as paracetamol. Avoid taking aspirin unless you already take this for existing conditions.

You may drive and go back to work after the procedure, however, you must avoid any strenuous exercise for 24 hours to allow the breast to heal. Avoid heavy lifting and repetitive movement on the biopsied side, e.g. lifting shopping bags, hoovering or dog walking.

Some bruising/swelling is to be expected, but will clear over the next 2-3 weeks. If this is excessive, or if you have any further questions, please contact the Breast Care Unit: 01803 655634 or 07825735161 (Mon-Fri, 0900-1600)

---

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

---

*Working with you, for you*