

Breast Biopsy

A breast biopsy is sometimes required, where a sample of breast tissue is removed using a fine needle.

After biopsy

In the first days after the biopsy, you can expect pain and bruising at the biopsy site. Rare complications may include further bleeding in the breast tissue and biopsy site infection.

Biopsy site

- Cover the biopsy site with a plaster for 48 hours. The biopsy site must be kept dry.
- It is safe to remove the plaster to shower on the day after the biopsy, but it must be replaced with a new one after showering.
- Refrain from taking baths, using hot tubs or going swimming for 48 hours due to risk of infection.

Exercise and strenuous activity

Do not lift heavy objects (more than 5 kg) or exercise for 48 hours, as this may increase the risk of bleeding into the breast tissue.

Pain

- If needed, you can use pain medicine available without a prescription, such as paracetamol.
- It is not recommended to use pain medicine containing ibuprofen for two days following the biopsy.

If any of the following symptoms occur, please contact your local healthcare centre or a doctor's service since these symptoms can be indicators of infection or bleeding in the breast:

- Fever higher than 38,5°C
- Redness of the biopsy site or breast
- Increased pain in the biopsy site
- Pus or increased secretion is observed at the biopsy site

Telephone numbers

The Landspítali Breast Centre is open on weekdays from 08:00-16:00

543 9560