

Stereotactic vacuum assisted excision (VAE) of breast

Information for patients, families and carers

What do I need to do after I go home?

Remove the pressure dressing after four hours.

You should rest as much as possible for the remaining part of the day. Please avoid any strenuous activities, such as heavy lifting, running or going to the gym for the following two days, but then you can return to your usual day-to-day activities. If your work is physical, we advise that you carry out light duties the following day.

The anaesthetic will wear off after two to three hours. If you then find your breast uncomfortable or painful, take mild pain relief such as paracetamol, following the instructions on the pack. Avoid taking aspirin as this may cause extra bruising in the breast.

Pain and discomfort usually subsides within a day or two. If you are experiencing pain for longer than this or are concerned then please contact a breast care nurse on the number at the end of the leaflet.

The dressings applied are waterproof so you can bath or shower but try not to soak the area. The waterproof dressing and steristrips should remain on for five days. If the dressing comes off within the first five days please replace with a waterproof plaster.

You will be left with a permanent tiny scar on the skin at the site of the biopsy. Rarely, the biopsy site can start to bleed after you have gone home. If this happens, apply pressure to the breast over the biopsy site for 10 minutes in the same way as was done straight after the biopsy. If the bleeding continues after this time, please continue to apply pressure to the area and contact the number on the back of this leaflet, within the hours of 9am and 4pm or go to your local emergency department.

When will I receive my results?

The results will not be given to you immediately after the procedure. The tissue samples will be sent to the lab for analysis – this takes about two weeks. You will be given an appointment for the results after the procedure.

Contact us

Breast care nurses (9am to 4pm) - **023 8120 3753**

**If you need a translation of this document,
an interpreter or a version in large print,
Braille or on audiotape, please telephone
023 8120 4688 for help.**

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