

Patient information

Information about breast excision under ultrasound guidance (Vaccum Assisted Excision)

What is an excision under ultrasound guidance?

We have found an area of abnormality in your breast. An excision using local anaesthetic and a special needle is being performed to enable us to remove further tissue from this area. This is to exclude the possibility of cancer. If cancer is found you will then need to have surgery as this excision will not remove all of the tissue.

Before the procedure

There are no eating and drinking restrictions and we recommend you eat prior to your appointment.

Please inform a member of staff if you are taking any medicines which thin your blood, eg Warfarin.

Any other medications should be taken as usual.

What happens during the procedure?

The procedure will be explained and you will be asked for your verbal and written consent for the procedure to go ahead.

You may feel slight discomfort during the procedure. The entire procedure takes between 40 - 60 minutes.

You will be escorted to the ultrasound room and you will have further ultrasound to locate the area for excision.

Local anaesthetic will be used to numb the area. Then using a special needle, multiple samples of tissue will be removed using one needle insertion.

A small titanium marker is placed at the site of the excision to make it easier to identify the area should we need to in the future. If we do not need to find the area again then it is safe to leave the marker in the breast.

After the procedure

Pressure will be applied to the site to stop any bleeding. A pressure dressing will be placed over the area of the excision, and this should be kept on for 24 hours. The breast may be sore and tender to the touch for several days. We recommend taking pain killers after the procedure, see Discharge Advice.

After the procedure we do ask you to stay for about 15 minutes and we will offer you a drink. After we have checked the dressing you will be able to go home.

When will I get my results?

Before you leave, you will be given an appointment to see the doctor to discuss your results.

It may be helpful for you to bring a friend or family member to the results appointment.

We try to ensure no-one waits more than 2 weeks, but occasionally there may be a delay. You will be contacted if this is the case.

Are there any risks or side effects?

The most common side effects are bruising and slight bleeding. However, in rare cases patients may experience continued bleeding or swelling, or contract an infection.

If you experience any problems after your excision, please contact your GP for advice.

Discharge advice

- Do not let your pressure dressing get wet in the shower or bath in the first 24 hours. After 24 hours, apply a small plaster if necessary and shower/bathe as usual.
- Avoid strenuous activity, such as heavy lifting for 24 hours.
- Some bruising and slight bleeding is to be expected.
- If you experience any pain or discomfort, you can take paracetamol but avoid aspirin as this could encourage bleeding.
- It may help to wear a supportive bra both day and night for 24 to 48 hours after your excision.

If you have any concerns please contact:

Breast Care Nurses

Telephone: 01284 713281

Monday to Friday 8.30am to 4.30pm

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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