

# ASCENSION ST VINCENTS

## SUPERFICIAL BIOPSY PATIENT HANDOUT

### **Radiologist who performed your procedure:**

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### **Procedure Description:**

- An image-guided biopsy is a procedure used to take a sample of an area found on an imaging study. During the procedure, a radiologist uses imaging to precisely target the nodule. The skin is cleaned with antiseptic, and local anesthetic is used to numb the area.
- For a biopsy procedure, a small needle is used to obtain several tissue samples of the area.
- For a fine needle aspiration (FNA) procedure, several very thin needles are used to obtain cell samples of the area.
- For an aspiration procedure, a small needle is used to remove a fluid sample from the area.
- These samples are then sent to the pathology department / laboratory for testing.
- The procedure itself usually takes 15-30 minutes.

### **Benefits:**

- Minimally invasive: The procedure uses small needles with no incision or stitches.
- Accurate diagnosis: The procedure provides the best non-surgical way to determine the nature of the area.
- Help guide treatment: The results allow doctors to decide the best course of treatment.
- Low risk of complications: The risk of serious complications is low, with most side effects being mild and temporary.
- Rapid recovery: Most patients return to normal activities soon after the procedure.

### **Risks & Potential Complications:**

- Pain: Pain can occur (up to 10% of cases). The pain is usually mild, usually goes away within a few days and can be managed with over-the-counter pain medicine.
- Bleeding: Bruising is common. Minor bleeding can occur (up to 15% of cases). Significant bleeding requiring medical treatment is rare (up to 0.5% of cases).
- Infection: Infection is rare (less than 0.5% of cases). Most infections are mild and can be treated with antibiotics.
- Vasovagal reaction: Feeling faint or lightheaded can occur during or after the procedure (up to 7% of cases).
- Inconclusive results: Inconclusive/nondiagnostic results occur when the samples do not provide enough material for a definite answer (about 5% of cases). Sometimes a repeat procedure or surgical biopsy may be needed.
- Internal injury: Injury to nearby structures (organs, larger blood vessels or nerves) is rare (less than 1% of cases).
- Allergic reaction: A reaction to the local anesthetic, topical antiseptic or other medications is rare (less than 1% of cases).

### **Alternatives:**

- Observation: Using periodic imaging to determine if the area is growing or spreading.
- Surgical biopsy: Traditional surgery can be performed to obtain a sample of the area.
- No further evaluation: Some patients choose not to investigate the area, although this carries the risk of missing or delaying a cancer diagnosis and is generally not recommended.

### **Aftercare:**

- A bandage will be applied over the procedure site. Skin glue may also be applied to the site. You may remove the bandage 24 hours after your procedure, however, do not pick the glue off (allow it to flake off on its own over several days).
- If you were provided with an ice pack, apply it to the site periodically for 15-30 minutes after your procedure.
- You may shower and allow water to flow over the site 24 hours after your procedure, however, do not submerge the site in water (bath, pool, hot tub or ocean) until the site has healed.
- Do not apply lotion/ointment to the site until it has healed unless you are instructed to do so.
- Avoid strenuous physical activity for at least 24 hours after your procedure. Then increase your activity level as tolerated.
- It is normal to experience mild pain and bruising after your procedure. You can take acetaminophen (Tylenol), aspirin, ibuprofen (Motrin) or naproxen (Aleve) for relief. It is safe to take aspirin, ibuprofen or naproxen soon after your procedure, however you may experience more bruising if you do so.
- Some procedures in the face, neck, armpit or groin are located near nerves. Local anesthetic can occasionally flow over these nerves and cause numbness/weakness, which can take up to several hours to go away.
- Contact Radiology or your ordering provider if you have any concerns or experience any of the following: persistent or significant bleeding, significant swelling, severe pain not responding to over-the-counter medications, signs of possible infection (significant redness or purulent drainage at the site, severe pain, fever or chills) or difficulty breathing or swallowing. Call 911 in the event of an emergency.
- Weekdays 8 am to 5 pm call 308-5488 (Riverside), 296-4277 (Southside), 602-1219 (Clay) or 691-1286 (St Johns). Weekdays 5 pm to 10 pm or weekends 6 am to 10 pm call 308-8401. If outside of these hours, call the hospital operator at 308-7300 and ask to speak to the Interventional Radiologist on call.

### **How Do I Receive Procedure Results?**

- Results can take up to 5 days (sometimes longer) to become available. Please contact your provider's office to obtain results and for follow-up instructions.