



Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

Core needle biopsy care

A core needle biopsy is a procedure where a small core of tissue is removed from an area of interest with a specially designed needle. The needle takes a piece of tissue about 1-2cm long and about 1mm in diameter. The sample is sent to the pathology laboratory and the pathologist determines the diagnosis.

A core needle biopsy may be performed on thyroid nodules, parotid nodules, lymph nodes or other lumps. Dr Hall performs all his core needle biopsies under ultrasound guidance. He uses an ultrasound machine to ensure the needle goes into the area of interest.

What to expect?

The biopsy is done under local anaesthetic in the clinic. You are awake but the area of interest will be numb. First Dr Hall examines the area with an ultrasound. Once the lump or nodule is seen, Dr Hall injects some local anaesthetic into the skin. After a few minutes the area will be numb. The ultrasound machine is used to guide the needle into the lump or nodule. The needle is then activated-you will hear a bang. Usually this is repeated 1-2 times. A band aid is placed on the injection site.

How can you care for yourself at home?

Activity:

- As there is no sedation it is safe to drive after your biopsy.
- You can return to work the same day. If you do heavy manual work, take two days off.
- In order to reduce the chance of bleeding, avoid strenuous activities, such as bicycle riding, jogging, weightlifting, or aerobic exercise, for one week after your biopsy.

The core needle biopsy site:

- Please take the band aid off later the following day.
- Some people may have a bruise at the site where the core needle biopsy was performed. (In the same way some people may have a bruise after a blood test)

Pain medicines:

- Dr Hall recommends simple pain medication such as paracetamol (Panadol) and ibuprofen (Brufen).

Problems

- Very occasionally the neck may become swollen at the site of the core needle biopsy, this is very unusual and if it occurs, please call Dr Hall urgently.
- An infection may occur at site of the core needle biopsy, this is very rare. If you feel increasing unwell, please call Dr Hall urgently.

When do I get my results?

- Usually, the pathologist sends a typed signed report to Dr Hall about one to two weeks after the procedure. Occasionally it may take the pathologist longer to issue a report either because of the complexity of your case or because of a higher than usual workload. Dr Hall will contact you by phone or text once he receives the pathologist's report in his inbox. He will advise you what the next step is to manage your condition.

Any problems call or text Dr Francis Hall on 021 733 677

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