

Michael J. Cross, M.D., F.A.C.S.  
Surgical Oncology of the Breast

1792 E. Joyce Blvd., Suite I, Fayetteville, AR 72703  
Phone (479)582-1000 Fax (479) 582-5724  
[www.breasttreatment.com](http://www.breasttreatment.com)

## VACORA BREAST BIOPSY

**Name:**

**Date and Time:**

A breast biopsy using the hand-held Vacora system can help Dr. Cross make a highly accurate diagnosis of a breast abnormality in the clinic without the need for open surgery- saving you time and money. The Vacora system can be used to biopsy most lumps that can be seen on ultrasound and felt by manual examination. A lump can be reduced in size at the same time that it is biopsied, often to the point where the lump may no longer be seen with ultrasound or felt during self-examination. The biopsy procedure takes less than an hour and patients can return to their normal daily activities immediately. Dr. Cross is able to make a precise diagnosis with minimal pain, scarring, and recovery time.

### **WHAT TO EXPECT:**

We will give you a prescription for Valium, a relaxant, to bring with you to the office on the day of your biopsy (unless you are allergic).

You **MUST** bring a driver if you plan on taking Valium. We will tell you when to take your Valium.

Dr. Cross will use the ultrasound machine to find your lump. After we clean your breast, Dr. Cross will numb your breast and start the biopsy. You will have a small ¼ inch incision. Once the probe is in place, Dr. Cross will gently take several tissue samples. The Vacora makes different sounds, so do not be alarmed. The Vacora will be removed and reinserted for each tissue sample.

When Dr. Cross is satisfied with the samples, the probe will be removed. A special metallic marker, called a "clip", will be placed in the area of the breast where the sample was removed. The area of tissue removed will be replaced with scar tissue and can show up as an abnormality on future mammograms, so the clip will show up on mammograms and allow us to monitor the area over time. The clip also indicates that area as a previous biopsy site.

### **AFTER THE PROCEDURE:**

We will clean your breast and apply steri-strips. These need to remain in place for 7-10 days. Steri-strips are water-proof, so you may take a shower after 24 hours. If the strips are still on after 10 days, you may remove them. You will be wrapped with an ace wrap to reduce bleeding and bruising. The ace wraps needs to remain on for at least 24 hours.

If you took Valium before the procedure, you will continue to feel groggy and tired the rest of the day. Be sure not to drive or operate machinery until it has worn off. The local anesthetic will continue to provide pain relief for 4-6 hours. Once the anesthetic wears off, you may take Tylenol or Ibuprofen for discomfort.

Apply ice to the area 3 to 4 times a day for 30 minutes at a time to reduce swelling, bruising, and discomfort.

You will be scheduled for a follow-up appointment with Dr. Cross in about 7-10 days, but we will call you with the results of your biopsy in about 2 days after the procedure.

#### WHEN TO CALL THE CLINIC:

- \*If you start to run a fever of 101 degrees or higher for more that 1 hour.
- \*If you notice redness around the area or it is hot to the touch.
- \*If you have excessive bleeding that will not stop after applying pressure for 15 minutes.

If you have any questions please call the clinic at (479) 582-1000. Thank you for allowing Breast Treatment Associates to care for you.

