

# Benefits of Cold Treatment After Stereotactic or Ultrasound Core Biopsy

## A Standard of Care for Patients

Stereotactic core biopsy has become a well-accepted procedure and alternative to the traditional needle-localization biopsy. Core needle biopsies offer several advantages over surgical (open) biopsies. The core biopsy takes approximately an hour. Afterwards a patient can resume normal, non strenuous activities. Once the biopsy is completed, a cold compress and pressure is applied to the area. Since there is disruption of tissue during the biopsy, it can rapidly result in swelling of the tissues and a collection of blood called a hematoma. While this is a normal response to any injury or surgery, an excess of blood and fluids in the tissue means that healing is delayed as the body has to 'recover' as it deals with the collection of blood.

It has become a standard of care in many facilities to immediately apply cold therapy over the dressing of the biopsy site following the procedure to help reduce swelling, redness, pain, bleeding or discharge. Residual pain that can occur as the local anesthesia wears off is dramatically reduced. Most patients have reported that the procedure involves minimal pain and have been able to recover quickly, and proceed with normal activities within 24 hours.

Many hospitals and clinics that are performing core biopsies have already incorporated cold therapy into their protocol. "We use cold treatment over the biopsy site to reduce the swelling of the breast for our patients", remark Mammographers from Dean Medical Center in Madison, WI., "they really appreciate the care we provide." The industry standard is to apply pressure immediately following the procedure, followed by cold therapy. It is recommended to use cold on and off for 20 minute increments to reduce swelling. Some facilities also apply cold treatment to the site of the needle puncture for a few minutes before the injection of the local anesthesia. Since some patients are extremely

apprehensive and hypersensitive to any pain, this simple precaution avoids the panic often associated with the initial anesthetic needle puncture of the breast.

Effective cold therapy should draw four times the amount of heat out of tissue to improve healing. What this means is that the product used needs to last longer at an even temperature to allow for effective treatment. Cold therapy products that quickly lose their ability to transfer heat, limit their effectiveness to reduce swelling, produce numbness, and ability to relieve pain.

### Benefits with the routine use of cold therapy include:

- Reduced bruising and bleeding
- Patient comfort and pain relief is assured
- Swelling and healing time is reduced
- Hematoma formation is prevented
- Reduce possible delay of Chemotherapy or Radiation Therapy that would follow a lumpectomy

A unique new product, developed by a breast cancer survivor, is now available from Beekley Corporation. ColdSPOT® is specifically designed for effective cold therapy treatment after a core needle biopsy. It stays in place over the biopsy site with two adhesive side tabs that make it very convenient for patients to resume regular activities and use cold treatment at the same time. The flexible gel contours to the body providing maximum comfort.

## New Improved ColdSPOT® with Floral Design

### Cold Comfort for the Post-Biopsy Patient

Beekley introduces the best combination of comfort and cold with the newest ColdSPOT featuring a beautiful, feminine floral pattern design that stays colder three times longer.\* Only Beekley offers the longest lasting cold therapy product on the market with attached adhesive so it stays in place without shifting.

New ColdSPOT is not an ice-pack, but a moldable comfortable gel pack that stays cold longer than other products, reducing bleeding, bruising, pain, and inflammation.

**To place an order contact Beekley today:**

**1-800-BEEKLEY (233-5539) Fax: 1-800-735-1234 [www.beekley.com](http://www.beekley.com)**

\* Testing performed by Beekley Corporation