

Patient information

Breast surgery

The operation you have had done today is

Following your surgery

- Your wound may be covered with a sterile dressing. A larger dressing to compress the breast may also be used over the sterile dressing.
- Unless instructed otherwise, please leave your dressing on for seven days and keep it clean and dry.
- Bruising: it is quite normal for there to be some bruising around the operation site.
- Stitches are usually dissolvable and do not need to be removed. You should make an outpatient appointment with your practice nurse after seven days for the suture ends trimming unless the breast care nurse makes you an appointment in clinic
- Skin glue may be used instead of a dressing. If your wound is glued it must be kept dry for five days. You can then shower normally, but do not soak the wound until completely healed, normally about two weeks.
- Steristrips can be removed after seven days.
- You may find it more comfortable to wear a bra day and night, which will give you added support.
- You may experience some moderate pain, which can be relieved by taking painkillers and on discharge you may be given 3 - 5 days supply to take home. Paracetamol or similar is appropriate if you experience further pain when your initial supply of tablets is finished.
- Following surgery around your nipple you may notice an alteration in sensitivity.

Wound problems: If you experience any of the following please seek advice from your GP or a Breast Care Nurse, telephone: 01284 713281

- Swelling: this is common but it may indicate a collection of fluid which is called a seroma
- Leaking of fluid
- Infection: your wound is red and hot and you may also feel unwell
- Severe pain
- Severe bruising

Special instructions

- Wound care
- Outpatient appointment This will be sent to you.
- Return to work

If you require any further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am - 8:00pm, Monday to Friday.

Outside of these hours contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or Breast Care Nursing team on: 01284 713281 between 8:30am to 4:30pm, Monday to Friday

Or NHS 111

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>

