

# Patient information

## Breast patients – discharge information

The doctors are happy that you are well enough to go home. The Breast Care Nurses have given you the following information:

- General information and advice
- Care of hand and arm
- Post-operative problems — in your operation and recovery booklet
- Exercises
- Softies
- Outpatient appointment
- Discharge with drain

Please arrange to see your practice nurse for a wound check on:

<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>
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### Following surgery to your breast and axilla

You may have one or two wounds depending on the operation: one over the breast and one in the axilla (armpit).

The sutures (stitches) will be buried under the skin. There may be stitch “ends” which will be snipped by your Practice Nurse, or when you come to clinic.

## Dressings

If you have a dressing or steri-strips, this can be removed and snipping of the stitch ends after \_\_\_\_\_ days by the practice nurse at your surgery or when seen in clinic.

## Glue

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.

## Wound problems

- **Swelling:** This is common. It may indicate a collection of fluid which is called a seroma. Please seek advice from a Breast Care Nurse.
- **Leaking of fluid:** Please seek advice from your GP or a Breast Care Nurse.
- **Bruising:** This is common.
- **Infection:** Wound red and hot; you may also feel unwell. Please seek urgent advice from your GP or a Breast Care Nurse.
- **Pain:** This is common. Take regular analgesia (pain killers) as instructed.
- **Change in sensation in arm:** This may be felt after axillary surgery and should settle.

## If you have any problems please contact:

The **Breast Care Nurses** on **01284 713281**

Monday to Friday 8.30am to 4.00pm

Out-of-hours contact the **Ward** on **01284 713262**, or your **GP**.

***Donations in support of our work may be made to the West Suffolk Hospital Breast Cancer.***

*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>



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