

Patient information

Breast surgery

To be read in conjunction with the information given to you by the breast care team.

Breast Surgery

The operation you have had done today is.....

Following your surgery

- Sometimes it is necessary to leave a small drainage tube in the wound to prevent any build-up of blood around the wound. This is normally removed before your discharge home.
- Your wound will 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 48 hours 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.
- Skin glue: if your wound is glued it must be kept dry for 5 days. You can then shower normally, but do not soak the wound until completely healed, normally about 2 weeks.
- Steristrips can be removed after 7 days.
- You may have a quick bath/shower after 48 hours, thereafter daily.

- 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 you GP or a Breast Care Nurse.

- 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

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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 to 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

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

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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