

Advice following the removal of a lump in the breast



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Discomfort

You will be given pain killers to take home which should relieve any discomfort. You may need to take these regularly at first. Please follow the instructions given on the packet.

A well-fitting support bra will be more comfortable for you to wear after the operation.

Wound

If you have an outer pressure dressing on your wound this can be removed after 24 hours.

The remaining wound dressing should be left in place for at least 4 days after which time you can remove it. It is likely that you will have some bruising at the wound site.

Activity

- take things easy for a few days
- you should avoid vacuum cleaning for the next two to three days
- avoid stretching up and heavy lifting for 2 weeks
- you may bath when you want but keep your wound dry
- you will be told if and when you need to have your stitches removed
- you may return to work when you feel fit enough.
- If you have had a general anaesthetic you should not drive a car until 48 hours after the operation.

Follow up

You will be given an outpatients appointment before you leave the unit. This is usually for one week after your operation.

Further advice

Day Surgery Unit 01722 336262 ext. 4554 between 7.30am and 7.00pm.

Breast Care Nurses 01722 336262 ext 5913/5910

Out-of-hours please contact your GP or the NHS 111 service

Day Surgery Unit
01722 336262 ext 4550