

General statements made in this leaflet do not apply in every case, as each patient is an individual. Your doctor will advise you of any specific aftercare.

We will do our best to take reasonable care of your property, there are facilities on site for holding valuables. However, we encourage patients to consider what they need during their stay and to avoid bringing valuables into hospital.

## Useful Phone Numbers

Lincoln Breast Unit: 01522 537662

Boston Breast Unit: 01205 445998

Grantham Breast Unit: 01476 593945  
Email: [breastteam.grantham@ulh.nhs.uk](mailto:breastteam.grantham@ulh.nhs.uk)

## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

# Discharge Advice following Surgical Removal of Breast Lesion

Breast Care Services

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

This leaflet aims to give you aftercare advice following the surgical removal of a breast lesion.

The operation aims to remove the lesion with a margin of tissue all around it. The site, size and shape of the scar will depend on where the lesion is. The overall size and shape of the breast after surgery may change, however, the exact changes are variable.

All the removed tissue is sent to the pathologist and analysed. Occasionally this shows that there may be abnormal tissue remaining in the breast and a further operation may be necessary.

You will be seen in the Breast Unit 10 to 14 days following your surgery. Your Consultant will be able to discuss with you/your partner or friend the post-operative results and answer any questions or concerns you may have.

The dressing on your wound is splash proof. You can shower but avoid long soaks in the bath. Avoid talcum powder and deodorant until you have been seen in the clinic.

It is important to regularly observe your wound for signs of infection. These may include:

- Redness around the suture/stitch line.
- An increase in pain around the wound.
- A discharge from the wound, particularly if yellow or offensive smelling.

If you notice any of the above or are concerned about the wound please phone the breast clinic or your GP Surgery. If it is out of hours or over a weekend please call the GP out of hours service.

You may have fluid which can accumulate under the wound. This is called a seroma. Arrangements can be made for the fluid to be drawn off at intervals so that it does not become too uncomfortable by contacting the breast unit. In some cases you may have a drain.

Normal sexual relations can be resumed once you feel comfortable to do so. You may need to alter your sexual position to avoid pressure on the wound during the early days after surgery.

Please take any tablets and medicines as normal unless given instructions to the contrary. Take pain killers if you have any discomfort but this should not last long.

If you are expecting to have your surgery as a day/short stay case you must have someone to accompany you home. Do not use public transport. You should have a responsible adult at home with you for the first 24 hours.

Whatever type of operation you have had, during the first 7 to 10 days at home you may feel weak, tired and a little low in mood. This will pass, but if symptoms do persist, contact your GP Surgery for advice.

We hope this leaflet has answered some of your questions. If you require any more information either before or after your operation, do not hesitate to contact any of the Macmillan Breast Care Nurse Specialists.