

Day Surgery Unit

Information about your care after breast surgery

This leaflet contains information about your care when you have been discharged from hospital following breast surgery.

Wound healing

- You may have a small and light waterproof dressing over your wound after surgery and a nurse will tell you how and when to remove this.
- You will normally have dissolvable stitches. These usually take four to five months to dissolve and they do not need to be removed.
- Some stitches are used that need to be removed; arrangements will be made with your practice nurse to have them removed.
- You may also have 'steri-strips' across your wound and these peel away from the skin like plasters. These can be removed seven days after your surgery.
- You should inspect your wound regularly and look for:
 - Swelling – if this occurs, please contact the breast care nurse specialist.
 - Redness
 - A lot of bruising

These may mean you have an infection. If you develop redness or a lot of bruising, contact your General Practitioner (GP). Your GP may then send you back to the team.

- Following your surgery you may feel there is some fluid (serum) in the wound. Serum is a clear straw coloured fluid produced by all wounds. A seroma is a collection of this fluid deep to the wound and the body normally absorbs it. This is nothing to worry about and will usually disperse..

Pain relief

- You may be sore around your wound or stitch line. This is normal and before

leaving the Day Surgery Unit, you will be prescribed painkillers to ease any soreness.

- We advise you to wear a comfortable and supportive bra following your surgery. You should avoid wearing under-wired bras.

Bathing and showering

You may lightly shower or have a bath once the dressing is removed but do not get the wound soaked for a few days.

- Being soaked in water
- Scent
- Soap
- Talc
- Bubble bath

Exercise

- It is important to keep mobile once you go home
- Avoid heavy exercise for the first seven days after your surgery.
- Gradually build up your exercise until you are back to your normal level.

Driving

- You should **not** drive a car or other vehicle until 24 hours after your operation.
- We advise you not to drive for at least a week after your operation. Seatbelts can cause pressure or friction on your wound.
- Some insurance companies have exclusion clauses relating to driving after surgery.

The Day Surgery Unit nurses will phone you 24 hours after your operation to check you are well. They can also answer any questions you have.

An appointment has been arranged for you on the..... at the Cambridge Breast Unit.

For further information please contact:

Breast Care Nurses:

- Vanessa Shackleton 01223 586756
- Hilary Harte: 01223 586756
- Pat Skelly: 01223 596291
- Sharon Iddles: 01223 216313
- Alison Hallet: 01223 348272

Clinical Nurse Practitioners:

Jo Rowley: 01223 596093

Nurse Consultant:

Dawn Chapman: 01223 586960



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

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Turkish

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Bengali

Document history

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