

Day surgery advice for breast care patients

For benign surgery

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

How will I feel afterwards?

You will spend some time in the recovery room. Your blood pressure and pulse will be checked regularly and you may be given some oxygen to breathe.

When you are more awake, you will be taken back to the ward. After a short time, you will be given something to eat and drink.

When you are comfortable and have recovered from the anaesthetic, you will be offered something to eat and drink. Most people recover within a few hours of their operation. Once recovered, you will be discharged home.

What are the risks?

It is possible you may experience an infection following your operation. However, all precautions to minimise this will be taken. Please contact your GP or breast care nurse if you have concerns or if any of the following symptoms occur, as they may indicate infection:

- Increasing pain
- A temperature/fever
- Swelling or increased redness at the wound site

Aftercare

You will be able to return to work when you feel able to resume normal activities.

Because you have had a general anaesthetic, do not bath or shower for 24 hours. You will probably have a waterproof dressing over your wound which will allow you to shower or bathe as normal. We will advise you prior to going home when the dressing can be removed.

Wear a soft support bra day and night, if needed, for at least one week. This will help support the breast, lessen any discomfort and help the healing process, and should reduce scarring.

Any bruising will resolve over the next week.

You may have some discomfort, so take painkillers such as paracetamol, if needed.

You may feel a little more tired during the first few days. Allow yourself 48 hours to get over the effects of the anaesthetic. Avoid heavy lifting for one week, but continue to increase your daily activities. You can resume your normal routine after 7-10 days.

Resume driving when the wound has healed and you have full range of arm/shoulder movements.

Follow-up

You will be informed by nurses prior to your going home if the consultant needs to see you again in the Outpatients Department. Alternatively, they may phone you with the result.

Further information

If you require further information, please contact Petter Day Treatment Unit on **01271 322722** or the breast care nurses on **01271 349115**.

References

After excision of breast lump by breast care nurses.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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