

## Discharge Advice following Breast Surgery

- Remove stockings when you are up and mobilizing or when advised by the team.
- Keep your wound dry for 48 hours.
- You can shower after 48 hours using no perfumed products on the operation site
- Please leave your Steri-strips in place until they fall away naturally or until you are seen in clinic. (Do not pull at the strips).
- Start arm exercises the day after your procedure unless you are told otherwise. These will help maintain your usual range of movement in the operated arm. An exercise leaflet can be found in the breast care folder.
- If you have a drain, please follow the instructions provided by the ward staff, the drain can be removed by your practice nurse at the GP surgery, district nurses or the breast care nurses.
- Legally you can drive after 48hours and when you feel comfortable to perform an emergency stop.
- A seroma refers to the accumulation of clear fluid under the skin, typically near the site of a surgical incision, it is a very common complication after surgery. A seroma presents as a visible swelling to an area of surgery, on palpation and movement it can be felt and sometimes look like fluid moving under the skin. If it causes pain/discomfort and/or pressure/tightness please contact the breast care nurses for advice.
- You may have an infection if you notice any of these symptoms:
  - The skin around your wound is red or sore, or feels hot and swollen.
  - Your wound has liquid (often green or yellow pus) coming out of it.
  - Your wound opens.
  - You feel generally unwell or have a temperature (fever).
  - If you have a problem with your wound or any of these symptoms contact the breast care nurses, your GP or 111 out of hours for advice.

Please do not hesitate to contact the Breast care team if you have any concerns on **01905 760 261**

Working hours: Monday – Friday 9-5pm excluding bank holidays. Out of hours please contact 111 or 999 in an emergency.