

Going home after Day Procedure Breast Surgery at Western Health

On Discharge from hospital

- If comfortable, wear a well fitting supportive **bra**, such as a sports bra with no underwire, while your breast wound heals.
- You will be given an **appointment** by the ward staff to attend Breast Clinic at Sunshine Hospital for the week following your surgery, or your doctor's rooms, if you are attending as a private patient.
- Resume gentle **activity** when you feel comfortable. It is advisable not to drive for the first few days following your surgery. If you are still unsure regarding resumption of normal activities, check with your surgeon at your follow up appointment.
- Your doctor will recommend any **pain relief** medication if needed, such as Panadol or Panadeine. Please take this as prescribed or check with one of the nurses before you go home, if unsure.

Dressings

- Dressings are waterproof, unless otherwise advised, therefore you are able to shower with them on.
- Leave dressing on until you see your doctor the following week.
- If you have any **concerns** about your dressings, such as loose or wet dressings, skin irritation, blistering or moderate to large fluid leaks under the dressing please contact the Breast Care Nurse on **83456896** or arrange to see your family doctor. Your dressing may need to be changed earlier in order to avoid discomfort.

Wound

- The area around your wound may be a little bruised and sometimes there may be some moderate swelling due to a build up of fluid as the wound heals on the inside. This is a very normal part of the healing process and should gradually disappear over the next few weeks (1).
- Occasionally though there can be a larger amount of fluid build up around the wound, causing more significant swelling. This can create a sense of '*fullness*', which is called a '**seroma**'. Again this is quite normal and will subside over time. It can become uncomfortable however and may need to be drained by your doctor. This procedure is painless, as the area around your wound remains numb for some time after your surgery.
 - If this occurs, call the Breast Care Nurse on **83456896**, or if out of office hours, call the hospital switchboard on **83456666** and ask to speak to the covering surgical registrar for the breast unit.
- If you notice any redness developing around your wound, or if you experience any fevers, you should also contact the BCN or call the hospital to speak with the surgical registrar, or alternatively see your local doctor.

(1)<http://www.cancerbackup.org.uk>