



Excision of Breast Lump

Information for Patients

INTRODUCTION

This leaflet has been written for patients who are having a lump(s) removed from their breast under general anaesthetic. It has been prepared to give you greater understanding of the procedure you are about to undergo. It may not answer all your questions so if you have any concerns, please do not hesitate to ask your nurse or doctor.

This operation is being performed to find out what the lump is or because you have requested an operation. The operation will take about 20 minutes and will involve a having a cut on your breast. Your surgeon will explain where and how big the cut will be.

PRE-OPERATIVE ASSESSMENT

You will receive a letter from the admissions department inviting you to attend a pre-operative assessment with the Clinical Nurse Specialist and Surgical House Officer. The purpose of this visit is to complete any relevant paperwork, to weigh you, take your blood pressure, take a blood test and any other necessary tests such as E.C.G and/or Chest x-ray. There will also be opportunities for you to ask questions.

IMPORTANT: PLEASE BRING ANY TABLETS THAT YOU HAVE BEEN TAKING WITH YOU.

COMING INTO HOSPITAL

You will receive a letter from the Admissions Department with an intended admission date and a telephone number for you to contact the day before, so that you can confirm your bed and know which ward you will be going.

WHAT TO BRING WITH YOU

Please bring nightclothes, dressing gown, slippers, and wash bag. Please wear cotton pants for the day of surgery. Please do not bring jewellery, credit cards or large amounts of money. Some loose change may be useful for the telephone and magazines and patient-line service etc.



WHAT TO EXPECT BEFORE YOUR OPERATION

On the day of surgery you will be visited by a member of the Breast Team who will complete your consent form with you and also mark the operation site with a pen.

CONSENT

By law we must obtain your consent before any operation. Staff will explain what the procedure is likely to involve together with the risks and benefits before they ask you to sign a consent form. Do not hesitate to ask if you have any questions.

THE OPERATION

You will be taken to theatre (accompanied by a nurse) on a bed or trolley to the Anaesthetic Room. A small needle will be placed into your hand/arm and once the anaesthetic has been given you will fall asleep very quickly.

You will wake in the recovery room where you may be given some oxygen via a mask and painkillers if necessary. You will be monitored closely until you are ready to be returned to the Ward.

WHAT TO EXPECT AFTER YOUR OPERATION

You may have a large padded dressing over your breast following your operation. This is normally removed after 24 hours, but will be discussed with you by your nurse on the day. Underneath this large dressing there will be a smaller one, which should be left in place and kept dry until you are seen in the Outpatients department. You will also be supplied with a spare dressing.

It is important that you wear a well supporting bra as this will help to support your wound whilst it is healing - and ideally it should be worn day and night until you are seen in out-patients.

BATHING

You may bath or shower as normal the next day providing you can keep the dressing dry.

DRIVING

It is advised that you do not drive until you have been seen at your clinic appointment, as this can 'pull' the wound.



FOLLOW UP

You will be given an Outpatient appointment for 7 - 10 days after your operation. Please bring a friend or relative with you. The result of your biopsy will be given to you at this appointment.

Your stitches will usually be dissolvable or will be taken out in clinic.

RETURN TO WORK

If you need to return to work, the amount of time you need off will vary depending on how physical your job is. Most people will need 1 week off work, but your surgeon will be able to give you further advice. The ward will be able to supply you with a sick certificate should you need.

POSSIBLE COMPLICATIONS

INFECTION-

As with any surgical procedure, there is a small risk of infection. Should your wound become red/hot and feel more painful (which may be accompanied by you feeling generally unwell), you should contact your GP or Breast Care Nurse immediately.

PAIN-

You may also experience pain/discomfort/bruising/swelling around the wound site. You will be given a supply of painkillers to take home with you. If you need a repeat prescription then see your G.P.

RARE COMPLICATIONS

Long-standing breast / arm pain due to nerve damage.

As with any operation there is a very small risk of developing a chest infection or blood clots in your legs/arms/lungs.

WHO TO CONTACT IF YOU NEED ADVICE

WITHIN WORKING HOURS:

(Mon-Fri 9-3pm)

The Clinical Nurse Specialists 01895 279794/ 279738 or 01895 238282 and ask for bleep 760 or 917.



OUT OF WORKING HOURS:

(Evenings, weekends)

Please telephone the main hospital switchboard on 01895 238282 and ask to speak to staff on the ward where you stayed.

PUB THE BREAST CARE NURSES/N.T 2009

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਵਿਸ਼ੇ ਹੋਰ ਭਾਸ਼ਾ, ਵੱਡੀ ਲਿਖਾਈ ਜਾਂ ਦੂਜੀ ਸੁਰਤ ਵਿੱਚ
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ਸੰਪਰਕ ਕਰੋ।

Jezeli chcialbys uzyskac te informacje w innym języku lub w duzej czcionce popros
pracownika oddzialu o kontakt pod numerem telefonu: 01895 279973

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل مرتبط صوتي، يمكنك أن
تتصل على الرقم 01895 279973 أو عبر البريد الإلكتروني

各國語言/模式選擇

若你需要以下資料改為其他語言，大寫，或其他模式例如收音式或
盲人字體的話，請電 01895 279973。