

# After Day Case Breast Surgery

Patient details

## Operation

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### Anaesthetic

A general anaesthetic can stay in your system for 24-48 hours and may make you feel light-headed, dizzy, tired and nauseous (sometimes vomiting). During this time you must refrain from driving, drinking alcohol, smoking, eating heavy, rich, fatty foods, operating machinery, or signing any legal documents.

It is important to rest and drink plenty of fluids.

### Wound

Your wound has:

**Dissolvable stitches** - These will dissolve.

### Care of your dressing:

Your dressing should stay in place until .....

If you need to change your dressing then do not touch your wound or pull off the scab as it protects the underlying tissue.

It is normal for the area underneath the wound to feel thickened and firm for a few weeks. Bruising is common and will disappear in time.

## Possible problems:

- Redness around the wound site may be a sign of infection
- Any leakage
- Increased pain
- Fever

If any of these symptoms occur please seek advice.

## Pain

It is normal to have some discomfort which will gradually settle over a few weeks. Take painkillers if required ensuring that you do not exceed the recommended dose. If your pain/discomfort does not improve seek advice from your Breast Care Nurse or GP.

**Your next dose of painkillers is due at** .....

## Showers/baths

You may have a bath or shower, but do so carefully and keep the wound dressing dry. You may allow the wound to get wet when the dressings have been removed and the wound is clean and dry.

## Wearing a bra

It is recommended that you wear a supportive bra for comfort and to limit bruising/swelling. For mastectomy patients wear the bra provided and softie pad.

## Driving

You will be able to drive after :  .....

Await clinic review and clinician advice.

## Going back to work

**You are advised to stay off work for** .....

The amount of time off will depend on your occupation and the extent of your surgery. Please seek advice from the nursing staff prior to discharge, or from your GP. Fitness to work certificates may be obtained from the medical staff prior to discharge or from your GP.

**If you have any problems or concerns regarding your surgery please contact your Breast Care Nurse or the ward. Any problems within the first 48 hours post surgery please call the Elective Surgery Unit or Surgical Assessment Unit for outside hours.**

Elective Surgery Unit (Huddersfield Royal Infirmary) Monday to Friday 9am - 5pm Tel: 01484 342111

Surgical Assessment Unit (outside hours) Tel: 01484 342170 / 347014 / 342179

Same Day Emergency Care (SDEC) Tel: 01484 343645

Breast Care Nurses Tel: 01422 222711 (after 48 hours)  
email: [breast.CNS@cht.nhs.uk](mailto:breast.CNS@cht.nhs.uk)

**If you have any comments about this leaflet or the service you have received you can contact :**

Breast Care Nurses

Tel: 01422 222711

email: [breast.CNS@cht.nhs.uk](mailto:breast.CNS@cht.nhs.uk)

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"