



at St Vincent's Private Hospital East Melbourne

## **BREAST SURGERY FACTSHEET** **AFTER YOUR DAYCASE BREAST SURGERY**

Surgeon: Miss Jane O'Brien

### **Dressing**

You will have a transparent dressing over your wound. Unless advised to the contrary, this is to be **left in place** until removal is advised by Jane O'Brien (usually 10 days). You may shower as normal, as the dressing is splash proof, but try to avoid getting it soaking wet as it will tend to lift off. Simply pat it dry after your shower with a soft towel. The stitches in your wound are buried and dissolvable and do not need to be removed.

Note: If you have any questions /concerns regarding the dressing or if the dressing starts to lift off, please contact The Breast Centre or the Breast Care Nurse for advice.

### **Will I have any pain or discomfort?**

You are likely to have some discomfort after surgery but everyone's experience will be different. Before your operation, the anaesthetist will talk to you about different types of pain control and what is likely to be useful in your particular case. Following discharge home, continue to take prescribed painkillers as required.

### **Wound Infection**

A wound infection can develop at any time from a few days after surgery until the wound is completely healed. Any of the following symptoms could possibly indicate a wound infection:

- The wound feels tender, swollen or warm to touch (this can sometimes be difficult to distinguish from normal post operative bruising and swelling)
- Redness in the area
- Discharge from the wound
- Feeling generally unwell with fever

Contact The Breast Centre or Breast Care Nurse if you experience any of the above mentioned symptoms.

### **Activity Guidelines**

The exact nature of your breast surgery will obviously influence when you can resume your usual activities. No heavy lifting or vigorous exercise, but other activities can be undertaken as pain permits.

### **Contact us prior to your planned review appointment if you have any of the following:**

- Excessive pain not relieved by medication
- Excessive swelling in the region
- Discharge or bad odour from the wound
- Fever or chills

### **Useful Contact Numbers:**

- Breast Care Nurse - 0438 202 092
- The Breast Centre - 9928 6261
- St Vincent's Private Hospital East Melbourne Reception - 9928 6640

FOR URGENT MEDICAL QUERIES JANE O'BRIEN MAY BE CONTACTED DIRECTLY VIA ST VINCENTS HOSPITAL EAST MELBOURNE SWITCHBOARD ON 9411 7111