

Patient/district nurse guidelines for care of your breast wound

- Following your surgery you will have a dressing covering your wound.
- Occasionally a thick firm pressure bandage is also applied to help reduce swelling or bleeding. This thicker dressing can be removed after a day or two.
- A dry or clear adhesive dressing may cover your wound. This can be removed on the third day.
- The stitches used in your wound will be dissolvable.
- For the first 48 hours the wound dressing should be kept dry.
- On day 3 after your surgery, you can shower or bathe. This will help lift the wound dressing. It is advisable to avoid excessive high temperatures or power showers direct to the wound.
- If there are steri-strips (paper stitches) in place, these can easily be removed as they start to lift up.

- If you have any problems with your wound you can contact the Breast Care Secretaries Monday – Thursday day 9.00am – 4.00pm and Fridays 9.00am- 13.00pm a Breast Care Nurse will return your call. Please leave a message if the call is unanswered.
- If you require help outside of these times then please contact your own GP. If your GP practice is closed or unavailable, when you call your own GP you will hear a message with the contact number for the ‘out of hours’ GP please contact them for advice.
- In the unlikely event that you are feeling very unwell or are experiencing excessive bleeding from the wound, then you should attend the Accident & Emergency Department nearest to you.

Follow-up

- When you are discharged from hospital you will be given or sent a follow-up appointment to attend the Macmillan Renton Unit as recommended by your consultant. If you have concerned that you not received an appointment please contact breast care secretaries.