



**Royal Berkshire**  
NHS Foundation Trust

# Advice following breast surgery

Adult Day Surgery Unit

## Your operation

You should have been given a leaflet specific to the operation you have had at your pre-operative appointment. You can get another copy of this from either the Information Zone on level 1 near the Craven Road entrance of the Royal Berkshire Hospital or you can download a copy from the Trust website –

[www.royalberkshire.nhs.uk/patient\\_information\\_leaflets.aspx](http://www.royalberkshire.nhs.uk/patient_information_leaflets.aspx)

- Excision biopsy of breast lumps means removing one or more lumps from the breast and sending them to the laboratory to be analysed.
- Hadfields procedure is an operation carried out to remove mammary ducts that are leaking to find out the cause of the leak and to stop the discharge.
- When only a single duct is removed, the operation is called a Microdochectomy.
- Wide Local Excision is the removal of abnormal tissue / lump (sometimes cancerous) with a small margin of surrounding normal breast tissue and at the same time conserving the rest of the breast. Sometimes, this may require wire placement or skin marker in the X-ray department to guide the surgeon.
- Sentinel Node Biopsy is an operation to identify and remove for testing, the first lymph node/s, usually in the armpit that breast cancer cells would normally drain to from the breast. You would have had injection of a radio-isotope and blue dye to help identify the sentinel node. Sentinel node biopsy may be undertaken alone or in combination with Wide Local Excision, depending on your circumstance.

## After the operation

- When you come back from the operating theatre, your wound may be covered with a dry dressing or an adhesive clear plastic dressing which is waterproof and can be left in place until you return to the clinic, provided there is no leakage or excessive soiling.
- You may take a daily shower, provided you have a waterproof dressing covering the incision. Take care not to spray the wound directly and avoid soaking the wound area while the dressing is in place and the wound is healing. After bathing, pat the area dry with a clean, soft towel.
- If there is any redness, swelling or discharge from the wound, please contact your GP as soon as possible.
- \*Your stitches are dissolvable, so they do not need to be removed unless instructed otherwise by your doctor.
- \*Please make an appointment with the nurse at your GP's practice, for removal of stitches if instructed to do so.
- It is normal to experience some pain and discomfort after your operation and whilst the wound is healing. You will also find some moderate bruising around the area. You may take your normal painkillers to help reduce the pain.
- It is important that you rest for 48 hours following the operation.
- You should allow two or three days off work. You may need to stay off work longer than this, depending on the healing process. If you require an initial sick certificate, please inform your nurse in the day unit.
- You should be able to gradually resume normal activities when you feel well enough. Avoid heavy lifting and frequent stretching in the first week or two but this will depend on the extent of your surgery. If in doubt ask the nursing staff before leaving the unit.

- Results of excision biopsies are usually available at your post-operative clinic visit (follow up). In some cases, the results may be communicated to you in writing when a follow up appointment is deemed un-necessary.
- Post-operative clinic appointments are usually between 7-14 days following your surgery.

### During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622. Fax: 0118 322 8214

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

### After 24 hours, please seek advice from your GP.

For further information about the Trust, visit our website  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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