



Discharge information following Breast Surgery

Following your procedure you may experience some pain or discomfort. Pain relief tablets should be taken as prescribed. If you have not been given a prescription, Panadol/Panadeine can be purchased from your local chemist and should be taken as directed.

An appointment may have been arranged for you to see your doctor. Please check prior to discharge home. If stitches are present they will be removed during this appointment. If you are waiting for results these will also be available at your appointment.

If your wound or area surrounding the wound:

- Becomes red and hot to touch
- Sore / swollen
- You develop a fever / chills

You may be developing an infection - Please contact your doctor immediately.

It is recommended that you wear a brassiere day and night following your procedure. Restrict your activities to light work and avoid heavy lifting, pushing or carrying until your follow up appointment.

DRESSING

Leave waterproof dressing on until your follow up appointment.

WASHING/SHOWERING

Shower with waterproof dressing intact.

If your wound starts bleeding, apply pressure directly to the covered wound for 15 minutes with a clean cloth or dressing. This should help settle the bleeding.

If you have any problems or concerns related to your procedure please contact your doctor. Epworth Richmond has an Emergency Department that you may attend if necessary, or contact on +613 9426 6303.

