

# Care of your wound after breast surgery





## Your Wound

Before you are discharged home, the ward nurse will check that the dressing or glue, which may have been applied instead of a dressing, is clean, dry and intact.

Please keep your wound/dressing as dry as possible.

You may find a pink staining on your skin after the operation, this is antiseptic that is applied in theatre. This will wash off.

Most surgical wounds heal quickly without complication. However, one or more of the following symptoms may indicate a wound infection:

- Redness
- swelling
- heat around the wound
- pain
- an unusual odour
- discharge – especially increased fluid, pus or blood.

You can leave your original wound dressing in place until you are followed up by your surgeon or Breast Clinical Nurse Specialist at the hospital.

**If you develop a problem with the wound after your discharge home please contact your Breast Clinical Nurse Specialist on 01225 824057.**

## Bra

We advise that you wear a soft, but supportive bra (without wires) or a crop top, day and night for the first 2-3 weeks after surgery.

## Eating and drinking well

After your operation, your body needs energy to heal quickly so it's important that you eat well. Your body uses a lot of energy, vitamins and protein when healing, so please ensure that you eat a balanced diet. You should also make sure that you drink plenty of fluids to avoid dehydration as this can delay wound healing.

Royal United Hospitals Bath NHS  
Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison  
Service (PALS) if you require this leaflet in a  
different format, or would like to feedback your  
experience of the hospital. Telephone 01225  
825656 or Email  
[ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)