

Breast surgery

What is breast surgery?

Breast surgery is done to remove all or part of a breast lump.

What happens during breast surgery?

You may have either a local or a general anesthetic.

With a general anesthetic, you will be put to sleep during the surgery. This is done in the operating room. The surgery will take about an hour and you will have stitches.

With a local anesthetic you will be awake and the area containing the lump is frozen with an anesthetic.

How will I feel after breast surgery?

You may have some pain from the incision after your breast surgery. If you had a general anesthetic, you may feel sick to your stomach. If you have these feelings, tell your nurse. The nurse can give you medication that will help.

You will have a small bandage on your breast. The incision takes about 1 week to heal. You may notice some bruising around your incision, which is normal.

When can I go home after a breast surgery?

Your nurse will let you know. You need to have a family member or friend take you home.

What can I do after breast surgery?

Activity

- When you are at home, you can return to your usual activities in a day or two.

Hygiene

- Keep your incision clean and dry. You may shower the day after your surgery. Pat dry your incision after your shower.

Bra

- Wear a good support bra without underwire.

When should I see the surgeon again?

If you need to see the surgeon after your surgery, follow-up instructions will be given to you before you go home.

Call your surgeon if you notice:

- your pain gets worse
- you have a lot of clear, yellow or bloody drainage from your incision
- you have a temperature of 38°C (100°F) or higher
- a lot of swelling around your incision
- a rash or itchiness around the tape or bandage