

INFORMATION FOR PATIENTS

Breast surgery discharge advice

The aim of this leaflet is to inform you about your discharge following breast surgery. It should be used in conjunction with your surgery and physiotherapy information leaflets.

Many patients have told us they would like to go home as soon as possible after surgery. This ensures early mobilisation and recovery in your own home. It can also help reduce the risk of hospital acquired infections and blood clots.

King's Mill Hospital is offering patients the opportunity to be discharged home from hospital within 24 hours of their surgery. For most patients this may be on the same day as the operation.

Your medical team will only suggest that you go home within 24 hours of your surgery if they feel you are well enough and have support at home.

What will happen following surgery?

You will need to make sure someone can take you home after the operation and stay with you for 24 hours once you get home.

If possible, please visit your GP following your discharge if you require a 'statement of fitness for work'. You will be required to 'self certificate' for the first seven days.

You will be given pain relief prior to leaving the hospital to take home with you.

If your discharge is at the weekend, you will not see a doctor before you go home. Instructions will have been entered into your medical records.

What is expected from me?

You can help yourself by starting gentle exercises. A nurse or physiotherapist will tell you what exercises to do and when to start them if they are necessary. This will help to prevent your arm and shoulder from getting stiff. You can also ask them when you can start doing sports or your usual physical activities again.

When you get home it is important to remember that you have had surgery. You are advised to stay at home for one to two days. Try to rest and relax and follow the advice you have been given by staff while you have been in hospital.

What should I do if I experience any problems?

The ward team will tell you what side effects you may have. Here are some things you need to look out for:

- The wound is looking very swollen.
- A lot of bruising or bleeding.

- Pain that is not controlled by the pain relief you have been given to take home.
- Any problems with your drain if you have one.

If any of these happen, or you have any other concerns regarding your breast surgery, please contact the breast care nurses on telephone 01623 622515, extensions 3884, 3946 or 3017 (Monday to Friday between 9am to 5pm. This is a message service that nurses will respond to throughout the working day).

Or if you require more urgent help/advice at any time please attend:

- An emergency appointment at your local GP surgery.
- Primary Care 24 located the Emergency Department at King's Mill Hospital.
- Any Emergency Department.

Alternatively ring NHS 24 on telephone 111.

Following discharge

You will be telephoned by the breast care nurse specialist following your discharge to check on your progress.

Removal and management of your drain (if you have one) will be discussed and arranged by the breast care nurse or ward staff (if at a weekend). Please keep note of the amount of drainage from the wound on a 24 hour basis. It is important the team know how much the wound is draining and the colour of the fluid, rather than the amount contained within the bag.

You can bathe and shower as normal, avoiding excessive moisture and scrubbing to the wound.

Your consultant will see you again approximately two weeks after your surgery. This will be to discuss the operation findings and the treatment plan recommended by the multidisciplinary team.

A letter will be sent to you in the post with details of the appointment.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you need this information in a different language or format, please contact the PET (as above).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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