



*Better
Together*

Patient information

Breast Surgery Aftercare

Breast Services Directorate

Results

Now you have been to the clinic for your after-operation appointment and been given your results, there may be some things that you would like to talk about, or you may have more questions.

Please feel free to ring your Breast Care Nurse on Tel: 0151 706 2927. Text phone number: 18001 0151 706 2927 She will be happy to help you and your family with anything you're not sure about.

Recovery

As you recover from your operation, you should gradually build up the amount of things you do each day, but remember to have a regular rest between activities.

The time taken to recover from different operations varies so check with your consultant or Breast Care Nurse if you are unsure about anything. Have a look at the leaflet "Going Home after your Breast Surgery" for more tips.

Lymphoedema

A small percentage of women, who have had surgery to their armpit, may develop swelling of the hand or arm, sometimes many years after the operation. This is called lymphoedema and can be treated, although knowing how to prevent it is much better.

Ways of preventing lymphoedema are:

- Wear gardening gloves when you are gardening. This is to stop germs from the soil getting into small cuts and grazes on your hand, or to stop prickles and thorns doing the same.
- Use an electric razor to shave your underarm, or use hair-removing cream.
- Use a thimble when sewing.
- Offer your other arm for blood tests and injections, but don't worry if only your other side is suitable for this.
- Cuts and scrapes or burns should be well cleaned and an antiseptic put on. If there is any infection or swelling see your doctor for advice.

Exercises

Carry on doing your arm exercises for at least three months or longer if you are having radiotherapy.

Support Groups

There are several Breast Cancer Support Groups in Merseyside. If you would like to know more ask your Breast Care Nurse.

If you have any problems with your clinic appointment dates or times, please contact your consultant's secretary.

Your yearly mammogram

You will be sent a yearly mammogram appointment in the post. This will be every year for five years. Your mammogram should be around about the same month that you were first diagnosed.

For example, if you were first told you had breast cancer in April, you can expect a mammogram every April for the next five years.

If for any reason the appointment is more than four weeks adrift from this, you should query it.

If you do not receive an appointment, or you have any other queries, please ring the **Breast Unit Reception** on

Tel: 0151 706 2920

Text phone number: 18001 0151 706 2920

Your Breast Care Nurse

Your Breast Care Nurse is always here to help you at any time after your treatment, no matter how long that is.

You can phone her at the number below. If no one is in the office, the answer phone will take a message 24 hours a day.

- **Tel: 0151 706 2927**
- **Text phone number; 18001 0151 706 2927**

Leave your name and phone number after the tone that follows the recorded message.

One of the Breast Care Nurses will call you back, usually on the same day, or at least the first thing the next working day.

Please remember we are here to help you whenever you need us.

Further Information

Breast Cancer Care

Tel: 0808 800 6000 (Freephone)

Macmillan

Tel: 0808 808 00 00

Author: Breast Service Directorate

Review Date: April 2017

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل التماس المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحرروف والطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكرونيبا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانيد کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری بیوندیدار بو نهخوشاتمی له لایمن تراستموه پسمند کراون، نهمگر داوا یکریت له فورماتمکانی تر دا بریتی له زاماتمکانی تر، نیزی رید (هاسان خویندنموه)، چاپی گموره، شریتی دمنگ، هیلی موون و نملیکتر و نیکی همیه.

所有經信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.