

Breast tumour excision, benign

These instructions are intended for printing. The instructions contain sections to be filled in.

Procedure

The operation is usually performed under general anaesthesia, sometimes in local anaesthesia. If the tumour lesion in the breast is small and cannot be felt, wire localization is performed on the morning of the operation. The tumour is excised with the help of the wire, and sent to the pathologist for examination.

Recovery

You can move about as soon as you feel up to it after surgery. During your sick leave, you should avoid very strenuous physical exercise. To avoid swelling, wear a firm bra after the operation.

Wound care

You can remove the thicker wound dressings and take a shower on the day after surgery. The wound is closed with absorbable sutures. The wound tape can be removed after one week. Going to the sauna, taking a bath, and swimming are allowed two weeks after surgery.

Pain management

A local anaesthetic agent is often injected into the wound area at the end of the operation to reduce postsurgical pain. You are recommended to take painkillers regularly for 1–4 days and after that when necessary.

Paracetamol

Anti-inflammatory analgesic

Other medications

A follow-up visit is usually not necessary. A letter will be sent to you of the result of the pathological examination.

Sick leave is usually required for about one week, depending on the type of surgery performed and your occupation.

Contact us

If you experience signs or symptoms of infection (increasing pain, heavy swelling, heat, redness, drainage of pus from the wound) or other problems, please contact the treating unit.

Day Surgery Unit, Monday–Friday, 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.