

Breast tumour excision, cancer

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

Procedure

The operation is usually performed under general anaesthesia. If the cancer lesion in the breast is small and cannot be felt, wire localization is performed on the morning of the operation. The cancer is excised with the help of the wire. A radioactive tracer is also injected into the breast on the morning of the operation to detect sentinel lymph nodes. Sentinel lymph nodes may also be traced by using a blue dye, which may stain your urine blueish green. The lymph nodes taking up the tracer are removed as samples and sent to the pathologist for examination during the operation. If a metastasis is found, a wider axillary lymph node excision is performed, and a drain inserted into the wound.

Recovery

You can move about as soon as you feel up to it after surgery. During your sick leave, you should avoid strenuous physical exercise. To avoid swelling and problems with moving the shoulder joint, wear a firm bra and perform the exercises instructed by your physiotherapist. You will receive the instructions on discharge from hospital.

Wound care

You can remove the thicker wound dressings and take a shower on the day after surgery. The wound is closed with absorbable stitches. The wound tape can be removed after one week. Going to the sauna, taking a bath, and swimming are allowed two weeks after surgery. If a drain has been inserted, it can be removed at your own health Centre according to your surgeon's instructions, but not later than 7 days 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 at the Surgical Outpatient Clinic is usually scheduled for 3–4 weeks after the operation. You will be given the final results of the samples at this visit.

Sick leave is usually required for 2–3 weeks after the operation, 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

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

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