



## Operation Information

### Excision of Breast Lump

#### Introduction

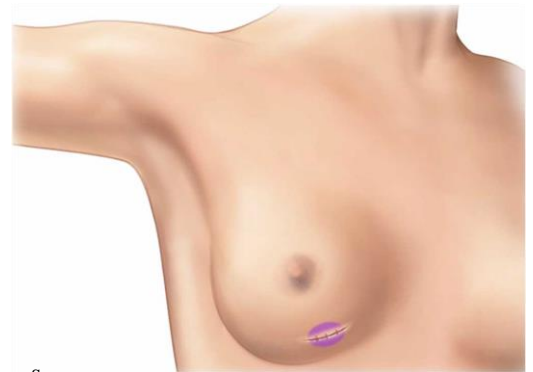
This is a surgical procedure for excision of a mass or lesion of the affected breast. Usually only a small piece of tissue is removed and this seldom causes any change in the shape or size of the breast.

#### Outcomes

It helps to treat and diagnose breast conditions.

#### Procedures

1. The operation is performed under general anaesthesia.
2. The doctor will locate the lump through palpation or ultrasound and excise it.
3. The cut is closed and dressing is placed over the wound.



Source:

[https://media.healthdirect.org.au/images/inline/original/b06\\_fig1\\_515e49b5-7568-4c88-a2c7-1d77a2339673-c9e30e.png](https://media.healthdirect.org.au/images/inline/original/b06_fig1_515e49b5-7568-4c88-a2c7-1d77a2339673-c9e30e.png)

#### Possible Risks and Complications

1. Wound infection
2. Wound haematoma (may require another operation for removal)
3. Wound bleeding

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

#### Pre-operative Preparations

1. Good hygiene can prevent wound infection.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
4. No food or drink six to eight hours before the operation.
5. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewellery and contact lenses.
6. Please empty your bladder before the operation.

## **Post-operative Instructions**

### **General**

1. After general anaesthesia, you may:
  - experience discomfort in the throat after tracheal intubation.
  - experience side effects of anaesthesia including feeling tired, drowsy, nausea or vomiting.Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse(s) of wound pain. Analgesics may be given as prescribed by the doctor.

### **Wound Care**

1. After the operation, the wound will be covered by a sterile transparent waterproof dressing to prevent contamination.
2. You can shower as usual if the waterproof wound dressing is intact. Please keep the wound clean and dry.
3. Wear loose clothing to avoid pressure on the affected area.

### **Diet**

Resume normal diet after the effects of the anaesthetic have worn off. No special diet is required.

### **Activities**

1. If there is no discomfort after resuming back to normal diet, you can resume normal activities as usual. Take analgesics when required.
2. Usually discharged one day after the operation.

### **Advice on Discharge**

1. Wear a supportive brassiere: You should wear a supportive bra to support your breasts and reduce pain.
2. You can resume daily activities gradually.
3. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain and redness, tenderness, pus or blood oozing, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
4. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification