

Information for patients and carers

Breast Service Discharge

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

Breast Service Discharge

Now your treatment has finished you need to know that sometimes the cancer can return in your breast area or elsewhere in your body. It is important for you to look for certain changes.

Each patient will have an individual risk stratified follow up plan. Patients will also have annual mammograms according to age and treatment. It is not usual to offer routine scans and blood tests. This is due to the fact that there is no proven benefit and they can create great anxiety. If you are worried when you are discharged from the clinic, please contact your breast care nurse or GP for advice.

Once you have explained your concerns, if required, a suitable clinic appointment can be arranged as soon as possible.

It is an open service which can continue for as long as is needed.

Things to look out for around the scar after lumpectomy, mastectomy and breast reconstruction:

- Any new lumps
- Any raised swellings
- Any rash
- Anything different from normal

Things to look for in your armpit:

- Any lumps or swellings

Things to look for in your arm and hand on the side of surgery:

- Persistent swelling
- Tightness
- Heaviness

- Inflammation
- Discomfort

General breast awareness, look for:

- Any changes in the outline or shape of the breast; especially changes found by raising the arms above the head or by lifting the breast
- Any puckering or dimpling of the skin
- Discomfort or pain in the breast that is different from normal
- Any new lumps, thickening or bumpy areas in the breast or armpit
- Nipple discharge
- Bleeding or reddish area that does not heal easily
- Any changes in the nipple position
- A rash on or around the nipple
- Anything different from normal

Other rare symptoms to look out for:

- Persistent bone pains / persistent backache
- Breathlessness
- Difficulty in breathing
- Persistent abdominal pain
- Persistent nausea
- Yellow jaundice of the skin or eyes
- Constant headaches / dizzy spells

Breast care nurses may be able to help with other problems including:

- Body image concerns
- Hormonal problems
- Sexual health concerns
- Practical advice
- Support and assessment
- Menopausal symptoms

After a diagnosis of breast cancer it is common to feel low in mood. This may happen a long time after treatment. Please speak to your breast care nurse for support.

Contact details:

Should you require further advice or information please contact the Breast Care Clinical Nurse Specialist. Telephone 01257 245690

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.breastcancercare.org.uk

www.cancerresearchuk.org

Breast Cancer Care Helpline Freephone 0808 800 6000

Cancer Research UK Freephone 0800 226 237

Macmillan Information Centre 01772 523709

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

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