



Information for
patients and
carers

Breast Service Discharge

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.patient.co.uk

www.accessable.co.uk

Other Helpful Contact details

Breast Cancer Care Helpline Freephone 0808 800 6000

www.breastcancercare.org.uk

Cancer Research UK Freephone 0800 226 237

Www.cancerresearchuk.org

Macmillan Information Centre 01772 523709

All our patient information leaflets are available on our website for patients to access and download:

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

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો ફૂપાઈ કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سری زبانوں اور بیڑی اگر آپ کو ہی معلومات سمجھنے کے لئے مدد کی ضرورت ہے تو
یہی چھپا میں یہی ابی دست ہو سکت ہے براے مہر بیان پوری چھہی۔ معلومات

Arabic:

مطبوعه بأحر ف كبير ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات ير جي أن. تطلب
أخرى يمكن تو فير هذه المعلومات

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