



POST-OPERATIVE INFORMATION SHEET

NIPPLE DISCHARGE SURGERY (Microdochectomy or Central Duct Excision)

What happens after my operation?

Most nipple discharge surgery can be done as a Day Procedure, meaning you will be able to go home from hospital on the same day as your surgery. Occasionally, Dr Lancashire may arrange for you to stay in hospital overnight. He will discuss this with you at your consultation.

Managing pain or discomfort

- People will experience different levels of discomfort and pain after surgery. This is quite normal
- Many people are surprised how little pain they have after breast surgery
- Your anaesthetist will talk to you about pain management before your operation
- There will be pain medication available for you to ask for on the ward after your operation, and Dr Lancashire will prescribe pain relief for you to take home if you require it

Caring for your wounds / stitches

- Your wound will have been stitched closed with dissolving sutures - they will not need to be removed
- The wound will be covered with a waterproof dressing. Dr Lancashire recommends leaving them on for at least 7 – 14 days but will review them at your post-operative appointment
- You can shower normally with waterproof dressings on but avoid soaking them in the bath
- It is not unusual to notice some dry blood under the dressing. This will not cause any problems
- Smoking can increase the risk of wound complications and delay wound healing
- Dr Lancashire will review your wound at your post-operative appointment and will give you information about your wound management and ways to minimize long-term scarring

How long will it take for me to recover?

- Your recovery will depend on the type of surgery you have as well as your general health
- Most people will be able to resume their usual activities within a few days
- It is important to have someone drive you home from the hospital
- Dr Lancashire will provide a medical certificate for your time in hospital and your recovery period

Resuming activities

- You can begin low impact exercise (for example, walking) immediately after your surgery
- You should wear a well-fitted, comfortable, supportive bra
- Feel free to contact us if you have any questions or concerns regarding activities you wish to resume or commence immediately after your surgery.



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Miscellaneous post-operative issues

- Driving
 - As a general rule, you should not drive for at least 1 week after surgery
 - You must be able to comfortably wear a seatbelt
 - You must not be taking any pain medications
 - You must be able to move your head, neck, shoulders and arms freely

Post-operative problems

The following issues may be encountered following any form of surgery:

- Wound Infection
 - Redness, swelling or pain not relieved by simple pain relief
 - Discharge from the wound
 - Feeling generally unwell or a fever over 38 degrees
 - Most simple wound infections can be managed with a course of tablet antibiotics
 - You should contact Dr Lancashire's rooms if you have symptoms or signs of a wound infection
- Bruising or haematoma
 - Bruising is common after every type of surgery
 - Most bruising disappears within a couple of weeks
 - Sometimes a large bruise/blood clot can form under a wound (haematoma)
 - Most small haematomas will resolve slowly over time
 - Rarely, a return to the operating theatre may be required
- Changes in sensation
 - You may develop reduced or altered sensation on and around the nipple-areola complex after nipple discharge surgery
 - This often improves over time depending on the extent of the surgery, however, there can be degree of permanently altered sensation to that area of skin

When should I contact Dr Lancashire?

You can feel free to contact Dr Lancashire's rooms at any time. He would like to know if you have any concerns before or after your surgery.

If you have any of the listed symptoms, please don't hesitate to call for advice or reassurance.

Useful contact numbers:

- Dr Ben Lancashire's Rooms: (07) 3054 0694
- Mater Breast Cancer Centre: (07) 3163 1166
- Mater Private Emergency Centre: (07) 3163 1000
- Mater Private Hospital Switchboard: (07) 3163 8111
- Greenslopes Private Emergency Centre: (07) 3394 7654
- Greenslopes Private Hospital Switchboard: (07) 3394 7111

