

Mr Adrian P. Aitken

FITZPATRICK HOUSE
134 Guthridge Parade
SALE VIC 3850
Ph (03) 51 444555
Fax (03) 51 447564

M.B.B.S., Ph.D. (U.N.S.W.), F.R.A.C.S.
GENERAL SURGEON
 enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL
286 Maryvale Rd
MORWELL VIC 3840
Ph (03) 51 321200
Fax (03) 51 343441

BAIRNSDALE REGIONAL HEALTH SERVICE
122 Day St
BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER A BREAST LUMPECTOMY

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

The dressing you have in place is a 2 layer dressing with an outer compressive large dressing which should not stick to the primary dressing on top of the skin. The outer dressing is to limit any post-operative bruising or bleeding by applying external compression to the wound.

The outer dressing may be carefully peeled away 2-5 days after the operation leaving behind the primary dressing, covering the wound.

Keep the primary dressing clean dry and intact until review. If you are concerned, please ring and arrange to be seen sooner. If you inadvertently peel off both dressings then you will need to purchase sterile dressing material from the chemist and cover the wound, in the meantime just put the dressing back in place until you can get to a chemist and use your bra to keep it in place.

Do not shower, keep the wound clean and dry. It is awkward but worth the effort. Contrary to popular belief waterproof dressings are not really waterproof. You can undertake general daily hygiene measures using a flannel.

Breast operations are usually not painful and Panadol or Panadeine 2 tablets 4 hourly as required should be adequate. If you are uncomfortable despite pain relieving measures seek attention sooner.

**IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**