



Procedure Information Sheet

Introduction

Excision of breast lump/mass is the surgical procedure to remove a lesion in the breast. This can allow definitive histological diagnosis and symptom control.

Indication

1. Benign lesion such as cyst and fibroadenoma
2. Suspicious lesion

The Operation / Procedure

1. The operation is performed under general anaesthesia or monitored anaesthetic care.
2. The exact site of lesion can be determined by palpation, ultrasound localisation or other localisation techniques (such as skin marking, magnetic marker, hookwire, radar localisation system, radioactive tracer etc). The lesion is then excised.
3. Specimen ultrasound or mammogram may be performed to confirm accurate removal of the lesion.

Before the Operation / Procedure

1. Remove jewellery, piercings and nail varnish before coming to the hospital. Leave all your valuables at home.
2. Please bring with you comfortable, loose-fitting clothing, personal toiletries and a pair of non-slip slippers/footwear.
3. Please follow your doctor's instructions on the time and date for admission. Routine pre-operative assessment such as blood tests, CXR, ECG, urinalysis may be needed. The "Consent for Procedure" will be signed.
4. Your anaesthetist will perform pre-anaesthetic assessment and explain to you about your general anaesthesia. The "Consent for Anaesthesia" will be signed.
5. Skin preparation: shower or bathe and wash your hair before your surgery.
6. You will change into a gown before going to the operating room. Remove all your undergarments and dentures and empty your bladder.

After the Operation / Procedure

1. After the surgery, you will be under close observation.
2. After general anaesthesia, you may experience discomfort in the throat after tracheal intubation. Deep breathing exercises help keep your lungs fully expanded and clear of mucous. Early and frequent ambulation will prevent blood clots in your legs.
3. You may experience nausea or pain after the surgery. Medications will be prescribed by your doctor based on your individual needs.
4. Leave your dressing intact. Your dressing will be changed as directed by your doctor. Inform your nurse if you notice any abnormality from the wound.
5. Diet can be gradually resumed according to your doctor's instructions.
6. You may resume normal activities as tolerated but avoid any heavy lifting or vigorous, repetitive exercise.
7. You may experience reduced sensation or tingling and numbness over the operated site.
8. Attend follow up appointment as scheduled.

Patient's Label

Patient Name: _____
Hospital No: _____
Episode No: _____



Risk and Complication

1. Wound pain
2. Wound infection
3. Haematoma / seroma (may need re-operation for clot evacuation or aspiration)
4. Numbness and tingling sensation
5. Deformity of the breast/deviation of nipple
6. Hypertrophic scar and keloid formation may result in unsightly scar
7. The index lesion may be incompletely excised or pathology may show malignancy (may need further operation)

Alternative Treatment / Investigation

Mammotome for benign breast lesion.

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

1. Smart Patient Website by Hospital Authority: Breast Lump Excision (2020)
2. Specialty Advisory Group (Breast) by Hospital Authority: Excision of Breast Lump (2021)

Patient's Label

Patient Name: _____
Hospital No: _____
Episode No: _____

Patient's Signature: _____ Date: _____