



PATIENT INFORMATION – POST OPERATIVE CARE

LAYING OPEN PERIDUCTAL FISTULA

Wound care

Your inflamed breast duct has been surgically excised and the wound has deliberately been left open. Special dressings are covering the raw surface. The nursing staff will give advice and assistance regarding wound care before leaving hospital. A soft, well fitting bra or elasticised crop top will offer support to the breast wound, even at night when sleeping.

Pain relief

Regular pain relief of paracetamol such as Panadol®, 1g (two 500mg tablets) four times a day, for the first few days after leaving hospital and prior to exercises or functional activities, provides sufficient pain relief for most people. It is safe to add an anti-inflammatory drug for most patients, but please check with your doctor if you have any concerns.

Activity

Gentle exercise, for example walking, is recommended. You should avoid more vigorous exercise for at least a week after surgery. You must not drive for at least 24 hours following a general anaesthetic. You may return to light duties including work after 24 to 48 hours in most cases.

Complications

A discharge into the dressing is expected and will need to be changed periodically. Infection may be suspected if the wound becomes increasingly tender and inflamed. You might start to feel unwell with a fever. This requires urgent attention.

Appointment

Prior to leaving hospital, an appointment will be made for review within two weeks from your operation. Please ring Dr Joanna Morgan's secretary on **03 8202 5566** if you do not have an appointment.

Contact

If you have a concern, please contact Dr Joanna Morgan or the hospital.