

## **Signs and Symptoms to Look Out for After Treatment**

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 out for changes that are different for you as they may be related to cancer or cancer treatment.

Your follow up plan will be confirmed by your Breast Care Team.

**If you are worried between your appointments or when you are discharged from the clinic, please contact your Breast Care Nurse or GP for advice. If required, a suitable clinic appointment can be arranged quickly for you.**

### **Things to look out for around the scar or in the breast after a Wide Local Excision, Mastectomy or Breast Reconstruction:**

- Any new lumps
- Any raised swellings
- Any rash
- Any persistent spot-like lesions
- Puckering or dimpling of the skin
- Nipple discharge
- Change in shape or size of the breast
- Discomfort or pain in the breast that persists and is different from normal
- Nipple pulled in or pointing differently
- Any lumps/swellings in your armpit or near the collar bone
- **Anything which is concerning you that looks different from normal, don't forget to check both sides.**

### **Things to look for in your arm and hand on the side of surgery which may be due to an infection or lymphoedema:**

- Sudden onset of redness/heat/pain/swelling, if this happens contact your GP **immediately** as you may require antibiotics.
- Restricted arm or shoulder movements, if this happens contact your Breast Care Nurse.
- Persistent heaviness, aching, tightness or swelling, if this happens contact your lymphoedema specialist if you have one or your Breast Care Nurse.



**Any other new symptoms:**

- Difficulty in breathing or breathlessness
- Constant cough.
- Persistent abdominal pain.
- Nausea.
- Yellowing of the skin or eyes.
- Persistent new pains, for example hip, back or neck.
- Constant headaches/dizzy spells.

**Psychological:**

Feelings of depression/very low moods since surgery/treatment are very common and if these are persistent, support is available from your Doctor and Breast Care Team. **Breast Care Nurses may be able to help.**

**Other problems may include:**

- Body image concerns.
- Fertility concerns.
- Sexual health concerns.
- Practical advice.
- Support and assessment.
- Menopausal symptoms.
- Getting back to normal

**You are encouraged to contact your breast care nurse for holistic needs assessment at any point.**

**Breast Care Nurse:**

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**Telephone Number:**

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