

Breast swelling

If you have had surgery on a breast, then you may be at risk of developing breast lymphoedema.

It is normal to have some swelling after surgery. But if it is not going down after 2 to 3 months, then you may have lymphoedema.

You may develop lymphoedema in either your arm or breast or both places

To reduce your risk of lymphoedema, try to maintain a healthy weight, keep active and look after your skin. In general, your bras should not have seams or underwire and they should have wide straps that support your whole breast.

See the relevant sections for general advice on skin care, weight management and activity. Also, see the arm exercises.



Early signs of breast lymphoedema

- Increase in the size of the breast
- Pain in your breast
- Redness or changes in the skin on your breast

If you experience any of these symptoms, please discuss them with your doctor, nurse or physio and ask to be referred to a lymphoedema therapist