

# The Seroma Service

Breast Care Centre  
Information for patients

Leaflet No: 766      Version: 8.1  
Produced: Jul 2024      Review: Jul 2027

## Introduction

If you have had surgery to your breast or axilla (armpit) you may find that your axilla, breast or chest wall area becomes swollen. This is especially likely if you have had some of the lymph nodes (glands) removed from your axilla. This is due to fluid collecting under the wound that the body cannot drain in the usual way. This swelling is called a seroma. It is a common side effect of breast surgery and does not mean that something has gone wrong with your operation.

If you develop a seroma, the fluid can be drained quickly and painlessly by the breast care nurse. This is done at an out-patient clinic and you will not have to stay in hospital.

## What are the signs of a seroma?

You may notice an uncomfortable swelling around your scar or under your arm. This may feel quite tight.

## When will the seroma need draining?

It is safe to leave the fluid for a few days, especially if the swelling is small. Each time the fluid is removed there is a risk of infection, and it may be best to avoid removing the fluid if possible.

If the swelling becomes large and more uncomfortable, the fluid can be removed. It may collect again, but the body will gradually adjust and dispose of the fluid naturally.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## How do I make an appointment to have my seroma drained?

Clinics are held in the Breast Care Centre at Glenfield Hospital on:

Tuesday	2:00 pm - 4:00 pm
Friday	2:00 pm - 4:00 pm

Please call to make an appointment for the Seroma Clinic:

Telephone	<b>0116 258 3341 or</b> <b>0116 258 3735</b>
Monday - Friday	9:30 am - 12:00 pm

Please have your hospital number available when you ring. This can be found on any hospital letter. It may be useful to make a note of it:

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If you have had surgery to **both** left and right sides that you think require drainage please ask for a double time slot.

If you have **breast implants**, please do not book onto the seroma clinic. Call Ward 34 (Glenfield Hospital) for advice.

Telephone: **0116 250 2490**.

## How do I contact the Breast Care Nurses?

We are available from Monday to Friday between 9:00am and 4:00pm

Our office telephone number is **0116 250 2513**

An answerphone service is available, but messages will only be listened to during our working hours.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)