

Breast Lumps: Care Instructions

Your Care Instructions

Breast lumps are common, especially in women between ages 30 and 50. Many women's breasts feel lumpy and tender before their menstrual period. Women also may have lumps when they are breastfeeding. Breast lumps may go away after menopause. All new breast lumps in women after menopause should be checked by a doctor.

Although lumps may be normal for you, it is important to have your doctor check any lump or thickness that is not like the rest of your breast to make sure it is not cancer. A lump may be larger, harder, or different from the rest of your breast tissue.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Make an appointment to have a mammogram and other follow-up visits as recommended by your doctor.

When should you call for help?

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.
- Your breast has changed.
- You have pain in your breast.
- You have a discharge from your nipple.
- A breast lump changes or does not go away.

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