

LYMPHEDEMA THERAPY SOURCE

Seromas

What Is a Seroma?

A seroma is a pocket of clear, watery fluid that sometimes collects under the skin after surgery. It's part of the body's natural healing process and happens when fluid builds up in the empty space where tissue was removed or disturbed.

What Does It Feel Like?

- A soft, squishy lump near your surgery site
- May look or feel swollen
- Usually not painful, but can be tender or cause pressure
- The fluid may shift around when you press on it

When Do Seromas Happen?

Seromas are common after breast surgeries, especially if you've had:

- Mastectomy or lumpectomy
- Lymph node removal
- Breast reconstruction (especially with implants)
- Any surgery that creates space under the skin

Are Seromas Dangerous?

Most seromas are not harmful and will go away on their own. But sometimes:

- They can become uncomfortable
- They might slow down healing
- They can get infected, which would need treatment

How Are Seromas Treated?

- Watch and wait: Small seromas usually go away without treatment
- Fluid drainage (aspiration): A doctor may use a needle to remove the fluid if it's large or causing discomfort
- Compression: A snug bra or garment may help reduce fluid buildup
- Drains: Sometimes, a temporary drain is used to prevent fluid from collecting
- Manual Lymph Drainage:

When to Call Your Doctor

Contact your healthcare provider if you notice:

- The area is getting bigger
- There's redness, warmth, or pain
- You have a fever
- The fluid becomes cloudy, thick, or smells bad

Precautions After Seroma Aspiration:

If aspiration (removal of the fluid with a needle) is needed:

- Avoid heavy lifting or vigorous arm movement for 1 to 3 days after the aspiration to help prevent the fluid from returning.
- Watch closely for signs of infection, such as redness, warmth, increased pain, or cloudy fluid from the aspiration site.
- A compression bra or garment may be recommended to reduce the chance of recurrence.
- If the seroma reaccumulates, additional aspirations or further precautions may be necessary.

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Long-Term (After 3 Months):

- Most women can resume full activity, including exercise, unless complications arise.
- Continued follow-up appointments with the surgeon are important.
- Imaging (such as MRI or ultrasound) may be recommended every few years to monitor the integrity of the silicone implants.
- If radiation therapy was involved, additional precautions may be necessary because of delayed tissue healing and increased complication risk.

LYMPHEDEMA THERAPY SOURCE, PLLC



Specialists in swelling, compression fitting and lymphedema education.