



CARE INSTRUCTIONS

KAISER PERMANENTE

Fibrocystic Breast Changes

Your Kaiser Permanente Care Instructions

Fibrocystic breast changes are small lumps that form in your breast. Some areas of your breast may feel thicker or denser than other areas. Your breasts also may feel sore or tender.

You may notice lumps in both breasts around the nipple and in the upper, outer part of the breasts, especially before your menstrual period. The lumps may come and go and change size in just a few days.

Fibrocystic breast changes are normal and are not cancer. Treatment is not usually needed. If you have a hard, grainy lump, unusual pain, or nipple discharge, your doctor or other health care professional will order tests to look for a more serious problem. Talk to your doctor or other health care professional about the need for regular mammograms.

How can you care for yourself at home?

- Take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Read and follow all instructions on the label.
- Wear a supportive bra, such as a sports bra or jog bra.
- You may want to limit caffeine. Some women notice that cutting back on caffeine reduces breast tenderness.
- A diet very low in fat (about 15% of daily diet) may reduce breast tenderness. Talk to your doctor or other health care professional about whether you should try a very low-fat diet.

Follow-up care is a key part of your treatment and safety. As a partner in your health care, you can do things like keep all scheduled visits, be sure you know the results of all tests and labs ordered as part of your care, and keep an up-to-date personal list of the medicines you are taking. Know how to contact us between visits, and call your doctor or other health care professional if you have signs that you are having problems.

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When should you call your doctor or other health care professional?

- You have a fever.
- You have swelling, redness, or pain.
- You have discharge from your nipple that looks like pus or blood.
- You have a new, hard lump in your breast.

How can you learn more about fibrocystic breast changes?

- *Log on:* members.kp.org. Search for **breast lumps** in the **Health encyclopedia**.
- *Look in:* Kaiser Permanente Healthwise Handbook.

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