

Breast Surgery of Tulsa

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In the Shower

Raise arm. Use the finger pads of the opposite hand to touch every part of the breast. Gently feel for any lumps or changes under the skin. Switch arms and repeat.

Before a Mirror

Place both arms at your sides. Check both breasts for anything unusual- discharge, puckering, dimpling, or changes in skin texture. Clasp your hands behind your head and look carefully for any changes in the shape or contour of your breasts. Gently squeeze both nipples and look for discharge.

Lying Down

Lie flat on your back with one arm raised and with your hand behind your head. Place a pillow under your shoulder. Use the opposite hand to begin touching your breast firmly but gently.

Start in your armpit and move down to just below your breast. Now move your fingers inward and move up again. Continue this pattern until you have covered the entire area of your breast.

Change sides and repeat.

Do not forget to use the same motion to check the area between the breast and the underarm, and the underarm itself.

