

# Post-Surgical Breast Cancer Symptom Screening Checklist

CHECK ALL THAT APPLY

## Arm Symptoms

- Arm swelling
- Arm heaviness
- Arm firmness
- Increased arm temperature
- Seroma formation (buildup of fluid pocket under the skin)
- Arm tightness
- Limited arm movement
- Tingling in affected arm
- Limited finger movement
- Limited elbow movement
- Limited shoulder movement
- Stiffness in the affected arm
- Burning in the affected arm
- Arm redness
- Numbness in affected arm
- Ache or discomfort in affected arm
- Pain in the affected arm

*Monitor for one year after surgery and treatment. Allow a therapist to care for symptoms early.*

## Trunk Symptoms

### Breast, chest, collarbone area

- Swelling or puffiness
- Heaviness or fullness
- Tightness or firmness
- Dimpled hair follicles on breast; orange peel appearance
- Differences in bra fit/cup size
- Pain in breast after surgical healing
- Pink coloration after surgical healing

### Side and armpit

- Swelling or puffiness
- Heaviness or fullness
- Tightness or firmness
- Feeling of a "ball" preventing arm from resting at side; discomfort
- Feeling of a cord pulling with motion

### Shoulder and back

- Swelling or puffiness
- Heaviness or fullness
- Tightness or firmness
- Limited range of movement
- Pain

