Dear

**RE: Breast pain referral with normal mammogram**

Dear

You were referred to the breast unit with breast pain. Following a telephone consultation, a mammogram was arranged for you.

I am pleased to report that the mammogram is normal. I am therefore discharging you from the breast unit.

Please read the following advice for breast pain:

* Wear a well-fitted supportive bra – please ensure you have had a professional bra-fitting recently (most department stores and underwear shops provide this service free-of-charge)
* Topical, non-steroidal gels (such as ibuprofen gel) can be applied directly to the painful area 2-3 times per day for 3-4 weeks allowing the gel to dry before getting dressed
* Tiger balm is a good natural alternative if you cannot use anti-inflammatory gels and should be applied in the same way. This can be purchased from most pharmacies
* If your pain is related to starting the oral contraceptive pill/ hormone replacement therapy (HRT), please discuss this further with your GP

Kind regards

Yours sincerely