



Equipment			
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Procedure	
0	introduce yourself and allow the patient to be examined
1	Ask for a female assistant to join in the examination.
2	Prepare the patient for examination by having the patient remove the bra
3	Examination in the sitting position Have the patient sit and observe the shape. Nipple size and breast skin texture by comparing both sides
4	Have the patient raise their arms above their head. and/or put your hands on your waist and lean forward to see the movement of the breast or retraction on both sides compared
5	Examination in the supine position and Observe the two nipples compared to each other.
6	Use a veil to check one side at a time. and begin to feel the breast using the tip of the finger to gently touch light palpation Complete all parts of the breast (guardant) and deep palpation.
7	Gently squeeze the area around the nipples on both sides to check if milk flows out or not.
8	Examine the axillar lymph nodes by having the patient drop the arm and supraclavfcular lymph nodes on both sides. Politeness, gentleness overall.

