

Further help / contact details

Wound care nurse

01744 646036

Macmillan Breast Cancer Nurse Specialist

01744 646053

Breast Surgery Secretaries

01744 646783 or 01744 646700

Burney Breast Unit Reception

01744 646036

The breast team will aim to return your call as soon as possible.

Breast Surgery Pre-operative Information

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Pre-operative information

This leaflet aims to give you enough information to understand about this procedure, why you need it, what to expect and what happens at different stages of your journey.

Before surgery

Your surgeon will explain the results of the investigations including biopsy that you may have undergone. Your surgeon will also explain options required for treatment.

Before proceeding with your operation, your surgeon will need to obtain your consent. This process involves information sharing pertaining to your specific surgery explained to you by your surgeon and you would give your acceptance of the proposed procedure understanding the need, benefits and risks, and alternatives of the operation. This may be done in clinic or on the day of procedure.

Your admission letter should confirm when to stop eating or drinking.

Your surgeon may ask you to stop medication like Aspirin, Warfarin and other anticoagulants (blood thinning medication) before surgery. Please confirm with your surgeon.

Please bring a comfortable and supportive bra with you on the day of the operation to wear after surgery.

Your breast care nurse will discuss the variety of bras and temporary prosthesis fitting with you before surgery.

Do not drive until you are confident about controlling your vehicle and comfortable wearing a seat belt.

You must be able to perform an emergency stop without hesitation. Always check your insurance policy and with your doctor.

Consequences of not having the procedure

It is recommended that you complete the treatment as advised by the surgeon.

Should you require more time to decide or further consultations, please contact your surgeon to arrange this.

If you want to defer your operation, please let your surgeon know.

Post - operative Information

A further follow up with your surgeon will also be arranged usually within 2-3 weeks to discuss your operation and results from the breast tissue. Should you need further treatments like radiotherapy or chemotherapy, further appointments will be organised at this time.

Returning to normal activity

Do not drive, operate machinery or do any potentially dangerous activities (this includes cooking) for at least 24 hours and not until you have fully recovered feeling, movement and co-ordination.

If you had a general anaesthetic or sedation, you should also not sign legal documents or drink alcohol for at least 24 hours.

To reduce the risk of a blood clot, make sure you follow carefully the instructions of the health care team if you have been given medication or need to wear special stockings.

You should be able to return to normal activities after two to three weeks.

Wearing a soft bra that fits comfortably will help to relieve any discomfort.

Do not lift anything heavy or do strenuous exercise, such as vacuuming or ironing for three weeks.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Preparing for admission to hospital

Pre-operative clinic

You will be seen in the pre-operative clinic. This is to ensure you are as physically fit as possible before your surgery.

They may perform further investigations including blood tests, chest X-ray and tracing of your heart.

The staff will ask you further questions in relation to your medical history, medications and allergies.

Employment

If you are in work, you will need to inform your employer how much time you need to take off to recover.

If you need a medical certificate (sick note) your surgeon or ward staff can complete one for you.

Day of Surgery

Admission

On the day of surgery, you will be admitted on the ward. You may be seen by the team to confirm your personal and operation details. A nurse will accompany you from the ward to the operating theatre.

After Surgery

On recovery from the anaesthetic (sleeping agent), you will have dressings on the wound.

Your nurse will regularly measure your pulse, blood pressure, oxygen levels and dressings.

If you are in pain or feel nausea (sickness), please inform your nurse who can give you medications for this.

The surgeon and ward staff will review you after the operation and once they are happy with your recovery, they will discharge you home. An appointment will be made to check your wound and to discuss the results of your surgery with your surgeon.

Your surgeon may choose to keep drains (plastic tubes) in the wound. The purpose is to drain fluid collection and reduce risk of seroma (fluid collection).

You will be provided with instructions on how to look after the drain before discharge. Your surgeon will decide when to remove drains in the clinic .

Returning Home Follow Up

You will need someone to look after you once you return home. If you are worried as you live alone or have caring responsibilities for someone else, please discuss this with your BCN.

You may need simple pain killers / anti-sickness medication for the first few days however your symptoms should settle.

If they are not improving or are getting worse after some time please seek medical attention.

You will be provided with a follow up appointment before you are discharged from hospital, please double check with the ward staff to see that this is arranged.

Follow Up

We will first see you in the wound clinic whereby a nurse will inspect the wound to ensure it is healing well.

They will inform you if we need to offer any further treatment to the wound.