

Recommended Websites

Breast Cancer Care
www.breastcancercare.org.uk

British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS)
www.bapras.org.uk

Macmillan Cancer Support
www.macmillan.org.uk

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

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk



St Helens and Knowsley
Teaching Hospitals
NHS Trust

Breast Reconstruction

Enhanced Recovery and Breast Reconstruction

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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The Enhanced Recovery Programme

When you are admitted to hospital for your surgery, you will be taking part in an **Enhanced Recovery Programme**.

The aim of this programme is to improve the quality of your care and get you back to full health as quickly as possible after your surgery.

The programme has been developed by a team of healthcare professionals including anaesthetists, surgeons, nurses and physiotherapists.

The key parts of the programme are:

- ◆ Hydration and Nutrition
- ◆ Good effective pain relief
- ◆ Moving about soon after your surgery

Your active involvement

In order for the programme to be successful you need to take an active part in your recovery, and this leaflet will tell you how to do this.

Having surgery can be a worrying time.

The aim of the enhanced recovery programme is to provide you with advice and information to try to address some of your concerns and help you to recover quicker.

You may find it useful to make a note of any questions or concerns you wish to discuss and bring these with you to your next appointment.

After Surgery

Day 2 after your surgery

- ◆ You can have the urinary catheter removed.
- ◆ You can usually have the breast drains removed unless the surgeon asks for them to stay in a day longer.
- ◆ You will continue to increase mobility with the physiotherapy team.
- ◆ Your breast area will continue to be looked at two hourly.

Day 3 after your surgery

- ◆ Your breast area will continue to be looked at four hourly.
- ◆ You can usually have the drains in the abdomen removed unless the surgeon asks for them to stay in a day longer.
- ◆ You can usually have the pain infuser removed.

Discharge Home

- ◆ You are usually ready to go home from day 4 after the surgery.
- ◆ You will be able to have a shower.
- ◆ You will be given medication on discharge if needed and this may include a mild laxative.
- ◆ You will be recommended to take regular paracetamol as routine pain relief at home.
- ◆ You will be advised to continue to wear your surgical stockings for six weeks after surgery.
- ◆ You will be given a discharge information leaflet.
- ◆ You will be seen in a dressing clinic approximately two to three weeks after surgery.

If you are expecting an Outpatient Appointment but do not receive one, please contact your Consultants secretary

After surgery

- ◆ You will have a tube in your bladder (urinary catheter) so that the nursing staff can monitor the amount of urine you pass for the next two days.
- ◆ You will usually have two drains in your tummy scar.
- ◆ You will usually have one to two drains coming from the area around the breast reconstruction.
- ◆ You will have massaging leg boots (Flowtron) on both lower legs that will help to prevent a blood clot in your leg
- ◆ You can have a light diet and fluids
- ◆ You will have careful monitoring of the breast area. The colour, warmth and sound waves (Doppler) will be monitored every half hour for four hours and then every hour for the following twenty-four hours.
- ◆ You will have a warm air flow blanket (Bair Hugger) on overnight to keep the breast warm.

Day 1 after your surgery

- ◆ You will be given help with your personal hygiene.
- ◆ You will eat and drink as normal and the drip can be removed.
- ◆ The physiotherapy and occupational therapy team will provide safe bed exercises, breathing exercises and practice bed transfer.
- ◆ Your breast area will continue to be looked at hourly until the evening and then become every two hours.
- ◆ You will be allowed a rest period in the afternoon for two hours where you will be able to rest with no disturbances.
- ◆ You will be asked to wear your supportive bra, and this may be provided to you by the ward.
- ◆ You may be asked to wear an abdominal support.

Breast Reconstruction School

You have been asked to attend the Breast Reconstruction School today.

This is aimed at providing you with the information you will need to help you before and after your surgery, and to address any of your concerns.

This will take **approximately 2 hours**.

This is a group session and will involve talks from most of the team that will be involved in your care.

It will also include a tour of the ward where you will recover following your surgery.

Following today, you will attend a pre-operative assessment clinic where you will have an assessment by the doctor and nurse in clinic and also be given information about your admission date and surgical procedure.

The day before admission

Whilst you are waiting for your surgery there are lots of things you can do to help with your recovery:

- ◆ Discuss and plan with your family what help you will need at home following your surgery
- ◆ Make sure you are eating good nutritional food
- ◆ Make you sure you keep an active lifestyle

You will be admitted to hospital the evening before surgery. Take a shower with the anti-bacterial shower wash provided before you come into hospital as your surgeon may see you in the evening to sign your consent form and also draw marks on your breast and tummy that will help the surgeon during the operation. The scan that you have had on your tummy will provide a map to help them with this.

You will receive a blood thinning injection usually in the top of your leg on the evening before surgery and once a day until you go home, in order to help prevent blood clots that can form when you are not up and about. Your surgeon will advise you if you need to continue with the injections when you go home.

As part of the enhanced recovery programme you will be asked to take three carbohydrate drinks called "Preload".

The information below tells you what you can eat and drink before surgery.

- ◆ Take the first preload drink at 6pm the evening before surgery
- ◆ Take the second preload drink at 10pm the evening before surgery
- ◆ You can eat and drink normally up until midnight on the evening before surgery

The day of your operation

You will be woken around 6am on the morning of surgery when you can:

- ◆ Take the third preload drink at 6am
- ◆ Have a shower with the provided anti-bacterial shower wash
- ◆ You will be seen by your surgeon to sign your consent form if you have not already done this
- ◆ Your anaesthetist will see you to discuss the anaesthetic and assess your health

Going to theatre

- ◆ You will be asked to change into a theatre gown and remove all make-up, jewellery and piercings.
- ◆ You do not need to put your surgical stockings on until after surgery.
- ◆ You will walk to theatre with a nurse unless there is a medical reason why you cannot walk.
- ◆ In theatre your care will be transferred over to the theatre staff and you may be asked to wait in a waiting area for a short time but do not worry a member of the theatre staff will be there with you.

Returning to the ward

Your operation will be for most of the day and you can expect to return to the ward usually around evening visiting time.

Once on the ward

- ◆ You will be nursed in a side room where you can be kept warm and free from draughts.
- ◆ You will be given oxygen through a mask on your face that will stay on overnight into the next day.
- ◆ You will have a "drip" in a vein in your arm through which fluids can be given to keep you hydrated that will stay overnight until the next day.
- ◆ You will have a small catheter tube (pain killer infusor) that will run into your tummy scar to give "local anaesthetic" pain relief for the next three days.