

Important

If you have any other concerns, please contact the breast care nurses on telephone 01623 622515, extension 3884 (Monday to Friday between 9am to 4pm). Please leave a message we aim to get back to you within 24-48 hours. Outside of these hours, or if you require more urgent help/advice at any time please:

- Make an emergency appointment at your local GP surgery,
- Attend your nearest Emergency Department,
- Call NHS 111.

Contact the breast care nurses or ring NHS 111 if you have any signs of infection. These may include redness around the area, skin that feels very hot, strong pain, or feeling feverish or like you have the flu.

There is a risk of a deep vein thrombosis (usually called a DVT or blood clot) following surgery. If you notice swelling in any of your limbs following the operation, you will need to attend your nearest Emergency Department.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Breast surgery

This leaflet is to give you information and advice before your breast surgery.

The aim is to help you get back to full health as quickly as possible.

Before surgery

Preoperative clinic

You will be seen in the preoperative clinic. This is to ensure you are as physically fit as possible before your surgery. The staff will ask you questions in relation to your medical history, medications and allergies. They may also perform further investigations.

Consenting

Before your surgery, your surgeon will need your consent. This may be done in clinic or on the day of procedure. They will explain the benefits and risks of your surgery, answer any questions and you will then sign a form to say that you understand and give permission for surgery to go ahead.

Prepare for surgery

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

Prepare an overnight bag just in case; you will probably go home the same day, but it is best to be prepared.

If you are taking any prescribed medications, please bring them with you in the original packaging.

Day of Surgery

Admission

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

After surgery

Most people recover well after surgery with few major side effects. Some people wake up quickly from the anaesthetic while others can feel very sleepy for several hours afterwards.

When you wake up you might be wearing an oxygen mask to give you extra oxygen. When you feel able, the staff will give you some water and you will be provided food on the ward. You'll be encouraged to get out of bed soon after surgery once you feel able.

If you are having a lymph node biopsy you will be injected with blue dye under anaesthetic. This can cause blue staining to the skin for a few months after surgery. You may also notice that when you first pass urine that it may be blue/green in colour.

Returning home

Same day discharge

Many patients have told us they would like to go home as soon as possible after surgery. Recovery in your own home can help reduce the risk of hospital-acquired infections and blood clots.

Please arrange for a family member or friend to pick you up after your surgery and to stay with you for 24 hours afterwards.

You should not sign legal documents or drink alcohol for at least 24 hours after a general anaesthetic.

Pain relief

You may have some pain and discomfort after surgery. Taking regular pain relief, such as paracetamol four times a day, is advised for the first few weeks.

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 sick note, ask your surgeon or the ward staff to complete one for you. If you need any extra time off, please speak to your GP.