Pain
You may also experience pain/discomfort/bruising/swelling around the wound site. You will be given a supply of painkillers to take home with you. If you need a repeat prescription then see your G.P.

Seroma- A seroma is a collection of fluid beneath the wound. This fluid is usually re-absorbed by the body over time. However, if it causes discomfort then please call your Clinical Nurse Specialist, as it may be necessary to draw off the fluid with a needle and syringe. This procedure is usually quite painless because the surrounding tissue feels numb.

RARE COMPLICATIONS
Long-standing breast/arm pain due to nerve damage. As with any operation there is a very small risk of developing a chest infection or blood clots in your legs, arms or lungs.

WHO TO CONTACT IF YOU NEED ADVICE

WITHIN WORKING HOURS: (mon-fri 9-3pm)
The Clinical Nurse Specialists 01895 279794/ 279738 or 01895 279711

OUT OF WORKING HOURS (evenings, weekends)
Please telephone the main hospital switchboard on 01895 238282 and ask to speak to staff on the ward where you stayed.

Pub N.T 20120

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**REDUCTION MAMMOPLASTY**

This procedure is performed under general anaesthetic. It involves removing excess breast tissue and to reduce and uplift your existing breasts. The size and location of your scar/s will vary and your surgeon will explain how he will perform the operation to achieve the best result.

**PRE-OPERATIVE ASSESSMENT**
You will receive a letter from the admissions department inviting you to attend a pre-operative assessment with the Pre-op Nurse. The purpose of this visit is to complete any relevant paperwork, to weigh you, take your Blood pressure, take a blood test and any other necessary tests such as E.C.G and/or Chest x-ray. There will also be opportunities for you to ask questions and raise any concerns you may have.

**IMPORTANT** Please bring any tablets that you have been or are taking with you.

**COMING INTO HOSPITAL**
You will receive a letter from the Admissions Department with an admission date and details and the ward where you will staying. You will be admitted on the day of surgery. You will normally be in hospital overnight.

Visiting hours are 3-5pm 6-8pm.

**WHAT TO BRING WITH YOU**
Please bring nightclothes, (pyjamas may be more comfortable), dressing gown, slippers, and wash bag. Please do not bring jewellery, credit cards or large amounts of money. Some loose change may be useful for the telephone and magazines and patient-line service etc.

**WHAT TO EXPECT BEFORE YOUR OPERATION**
On the day of surgery you will be visited by a member of the Breast Team who will complete your consent form with you and also mark the operation site with a pen. You will also meet an Anaesthetist who will explain the risks of anaesthesia.

CONSENT
By law we must obtain your consent before any operation. Staff will explain what the procedure is likely to involve together with the risks and benefits before they ask you to sign a consent form. Do not hesitate to ask if you have any questions.

THE OPERATION
You will be taken to theatre (accompanied by a nurse) on a bed or trolley to the Anaesthetic Room. A small needle will be placed into your hand/arm and once the anaesthetic has been given you will fall asleep very quickly.
You will wake in the recovery room where you may given some oxygen via a mask and painkillers if necessary. You will be monitored closely until you are ready to be returned to the Ward.

WHAT TO EXPECT AFTER YOUR OPERATION
You may have a large padded dressing over your chest following your operation. You may also have some drains in your wound. This is a small plastic tube attached to a plastic bottle. It is inserted during surgery and will collect any excess fluid or blood. The drain will usually be removed within 3-5 days depending on how much fluid has collected.
Your dressings will be changed before you go home which should be left in place and kept dry until your clinic appointment. If possible wear a bra as this will help to support your wound whilst it is healing- ideally it should be worn day and night until you are seen in clinic. It is advisable to buy a bra that is one size smaller than you usually wear and bring this in to hospital.

BATHING.
You may bath or shower but try to keep your dressing dry. It will be approximately 2 weeks before you will be able to wash the wound but this depends on individual healing. Your Surgeon will advise you.

DRIVING
You will be able to return to driving after 2-4 weeks, again this is an estimate depending on how you heal.

FOLLOW UP
You will be given an outpatient appointment for 10-14 days after your operation. You may then have to attend clinic on a weekly basis until the wounds are healed.
Your stitches will usually be dissolvable or will be taken out in clinic.

RETURN TO WORK.
The amount of time you require off work will vary depending on how physical your job is. Most people will require 2-4 weeks however your Surgeon/Clinical Nurse Specialist will be able to give you further advice. The ward will be able to supply you with a sick certificate should you need.

POSSIBLE COMPLICATIONS
Infection- As with any surgical procedure, there is a small risk of infection. Should your wound become red/hot and feel more painful (which may be accompanied by you feeling generally unwell), you should contact your GP or Clinical Nurse Specialist soon as possible.