WHAT TO BRING WITH YOU

Please bring nightclothes, 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 breast following your operation. This is normally removed after 24 hours, but will be discussed with you by your nurse on the day. Underneath this large dressing there will be a smaller one, which should be left in place and kept dry until you are seen in the Outpatients department. You will also be supplied with a spare dressing. It is important that you wear a well supporting bra as this will help to support your wound whilst it is healing - and ideally it should be worn day and night until you are seen in outpatients.

BATHING.

You may bath or shower as normal the next day providing you can keep the dressing dry.

DRIVING

It is advised that you do not drive until you have been seen at your clinic appointment, as this can ‘pull’ the wound.

FOLLOW UP

You will be given an Outpatient appointment for 7 - 10 days after your operation. Please bring a friend or relative with you. The result of your biopsy will be given to you at this appointment. 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 need 1 week off work, however your Surgeon will be able to give you further
advice. The ward or your GP 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 Breast Care Nurse immediately.

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.

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/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.

EXCISION OF BREAST LUMP

Information for patients who are having a lump(s) removed from their breast under general anaesthetic. This operation is being performed to find out what the lump is or because you have requested an operation. The operation will take about 20 minutes and will involve a having a cut on your breast. Your surgeon will explain where and how big and where the cut will be.

PRE-OPERATIVE ASSESSMENT

You will receive a letter from the admissions department inviting you to attend a pre-operative assessment with the Pre-op assessment 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.

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 intended admission date and which ward you will be allocated a bed.