

TREATMENT CENTRE

**Please follow the fasting instructions in your
appointment letter**

**Please bring this information leaflet on the day of your
operation**

On the day of your operation, please bring:

- ✓ THIS INFORMATION PACK
- ✓ Dressing gown and slippers
- ✓ Contact telephone number for a lift home
- ✓ Something to read or to pass the time
- ✓ All medication in original containers

Please do not:

- ✗ Bring any valuables
- ✗ Wear face make-up or lipstick
- ✗ Wear **any** nail varnish or false nails
- ✗ Wear jewellery
- ✗ Chew gum on the morning of your operation

If you have any worries or queries prior to your procedure please contact:

Pre-assessment on 01536 492867

Monday to Friday 9am to noon

Day Case Ward on 01536 493680

Monday to Friday 8am to 5 pm

Geddington Ward 01536 491313

Monday to Friday 24 hours and
Saturday mornings

Information checked and adjusted by:

Date:

Information for patients



**KGH is a non-
smoking
environment**

If you wish to make any comments or require a copy of
this information in another format or language,
please contact the PALS Office:
Telephone 01536 493305 or email : PALS@kgh.nhs.uk

INSTRUCTIONS FOR PATIENTS WHO HAVE HAD A GENERAL ANAESTHETIC

Anaesthetic drugs may remain in the body for 24 hours gradually wearing off over this time. During the 24 hours following your anaesthetic you are under the influence of these drugs, therefore it is very important to follow these instructions:

1. **You must be taken home in a car or taxi. You must be accompanied by a responsible adult (18 years or over) who will stay with you all the time for 24 hours following surgery.**
2. Do not operate machinery and avoid using appliances such as cookers and kettles.
3. Avoid alcohol.
4. Smoking may cause you to feel sick and dizzy.
5. It is advisable **not** to lock the bathroom or toilet door, or to make yourself inaccessible to the person looking after you in any other way.
6. Drink plenty of fluids (at least 2 litres per day) and avoid heavy or greasy foods. You may return to your normal diet gradually as you feel able.
7. Do not make important decisions, or sign important documents.
8. Take things easy the day after your operation and do not work with machinery or take strenuous exercise.
9. You should not be caring for young children alone.
10. Do not drive a car or any other vehicle, including bicycles for **2 days**.

Some people may be slightly nauseated, tired or light-headed following a general anaesthetic, but this should wear off after a few days.

General Anaesthetic Information	Breast surgery
Author: Karen Judge, ward sister, DCU, Sept 2000	Author: Karen Judge, ward sister, DCU, Aug 2009
Reference: British Association of Day Surgery	
Approved by: Dr J Luthman, consultant anaesthetist	Approved by: Mr R Stewart, consultant surgeon
Reviewed by: Karen Judge, June & Oct 2002, Apr 2004, June & Sept 2005 June 2006, & Mar 2007, Jan 08	Reviewed by: Karen Judge, Jan/Apr 2004, March, June/Sept 2005
PIC approved: Dec 2005, July 2007, Jan 08	Next review: Jan 2010
Ref: 10.PI.0011 Breast surgery (TC)	Point of issue: pre-op
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OPERATION: BREAST SURGERY

WHAT IS BREAST SURGERY?

A number of minor breast operations may be carried out in the Day Case Unit/Treatment centre. These include removing benign (non-cancerous) lumps, excision biopsies and removing some or all of the milk ducts (microdochectomy or mammodochectomy). The surgery is performed either by using a **local anaesthetic** (whereby the area is anaesthetised (numbed) with a small injection, so that you should not feel any pain), or by using a **general anaesthetic** (you will be asleep).

ALTERNATIVE OPTIONS FOR TREATMENT

These should have been discussed with you by your surgeon, when you were seen in the outpatient department at your initial consultation. If this was not the case, please do not hesitate to ask for further information.

PREPARATION REQUIRED BEFORE SURGERY

On the day of your operation it would be helpful if you could shave your armpits and have a bath or shower.

WHAT WILL HAPPEN WHEN YOU ARRIVE ON THE UNIT?

The surgeon will ask you to sign a consent form for the operation and will put a mark on your skin on the side of the operation. If you are having a **general anaesthetic** the anaesthetist (a doctor who sends you off to sleep and helps with pain control), will ask some questions about your general health.

FOLLOWING SURGERY

Once you are awake you will be offered something to eat and drink. You will have been given a local anaesthetic injection to the area during the operation. This should keep you comfortable for a few hours. However if you experience pain or discomfort following the surgery, please inform the nurse who will offer you painkillers. You will have a small dressing over the wound site. The nurse will give you further dressings to take home should you need them.

GOING HOME

You must be taken home in a car or taxi. You must be accompanied by a responsible adult (18 years or over) who will stay with you all the time for 24 hours following surgery.

It is anticipated that your length of stay will be approximately half a day. Please ensure that your lift/carer is able to collect you promptly when you are ready as you need to rest and your recovery will be more comfortable at home.

Please give the 'Carer's Leaflet', with the map on, to your lift / carer.

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WHAT ARE THE RISKS?

There will be a scar as a result of the operation and sometimes some distortion of the breast can occur. Operations around the nipple can produce distortion, and some patients may experience numbness around this area.

There may be some bruising around the wound. There is a slight risk of the wound becoming infected. If the wound becomes red, hot to the touch, painful or swollen, or you feel unwell, you must seek medical advice.

Risks related to a general anaesthetic are summarised in the leaflet "You and your anaesthetic".

WHAT ARE THE BENEFITS?

The benefit of having a breast lump removed is foremost to give peace of mind, although most breast lumps will have been fully investigated prior to the operation.

POST SURGERY INSTRUCTIONS

- Usually the skin stitches are dissolvable (they will take 3 - 6 weeks to dissolve). Occasionally the surgeon will use non-dissolvable stitches, which need to be kept completely dry. They need to be removed at your GP surgery 7 - 10 days after your operation. You will be advised on the day.
- Keep the dressing clean and dry for 48 hours. You can then remove the dressing yourself.
- Your breast may be bruised and swollen, therefore, you may feel more comfortable wearing a bra to give you support.
- You will need to keep the graduated compression stockings on your legs for 5 days (day and night).
- You can have a bath or shower after 48 hours but avoid soaking the wound for one week.
- You may experience some pain and discomfort once the local anaesthetic wears off. It is advisable to take painkillers regularly as instructed. Usually you will be prescribed some painkillers to take home with you. Do not exceed the recommended dose as written on the packet.
- You need to use the arm on the side of your breast surgery as soon as possible to prevent stiffness and improve your range of movement.

**If you have any worries or queries, please contact the Day Case Unit
between the hours of 8am – 5pm, Monday to Friday ☎ 01536 493680
Outside of these hours please contact your GP**

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