

## Short stay surgery - Breast unit

You have been seen in the clinic today by your consultant's team and they have advised that you need surgery. The operation you will have is called:

.....

If you have any questions about the procedure once you leave today, please call the Breast Care Nurses.

Your operation has been booked as a day case surgery / overnight stay.

The date of your surgery is: .....

- If you have been told you are having a sentinel lymph node biopsy, you will need an injection of isotope either the afternoon before or the morning of your surgery
- If you need to have a-localisation or skin-marking to locate the area in your breast to be removed, this will be carried out in the Radiology Department.

### Before your operation

Before you come in for your operation you will need to have a pre-operative assessment (health check) to make sure you are medically fit to have surgery and able to go home the same day or the next morning. You will either be assessed by telephone or invited to attend the pre-admission clinic. It may be suggested that you meet the anaesthetic team. If any additional tests are required, these will be arranged for you.

The pre-admission nurse will tell you when you should stop eating and drinking before your surgery. The surgical admission unit nurse may telephone you if the time needs to be altered - if this is the case, the nurse will contact you the day before your operation.

The admission time and location will be provided to you in your after-visit summary.

### Going home

Following your operation, you will either go home the same day (if you have been booked as a day case) or by 10am the next morning if you have stayed overnight.



If you are a **day case**:

- Please arrange for someone with transport to collect you or use a taxi. If you use a taxi, you must still have someone with you. Public transport is not suitable for your homeward journey.
- Arrange for someone to stay at home with you for at least 24 hours after your operation.

If you **stay overnight** following your operation:

- You may use public transport, but you should still have someone with you
- It is helpful for you to have someone available by the telephone or to stay with you in the early days after surgery to support and help you with shopping and cooking.

Most people recover very well following this type of surgery. Make sure you have pain relief at home. For most people, breast surgery is not too painful. Simple painkillers such as paracetamol and ibuprofen, if you can tolerate them, are often sufficient.

You should leave the hospital with a discharge summary outlining post-operative instructions e.g. wound/dressing advice and an outpatient clinic appointment to return for your results 10-14 days after your surgery. Please ensure that this is booked before you leave.

You may go home with a wound drain in place, if so guidance and care information will be provided directly by the surgical team and ward staff.

### Contact details

If you have any questions or concerns, please contact:

#### Breast Care Nurses

**Sutton:** 020 8661 3027

**Chelsea:** 0207 808 2813

(Monday to Friday, 9am – 5pm)

Alternatively, please call:

**The Royal Marsden Macmillan Hotline:** 020 8915 6899

(available 24 hours a day, 7 days a week)

