

## Recommended websites

Breast Cancer Care  
www.breastcancernow.org

British Association of Plastic, Reconstructive and aesthetic surgeons (BAPRAS)  
www.bapras.org.uk

Macmillan cancer support  
www.macmillan.org.uk

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshalls Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111

Southport Hospital  
Town Lane, Kew,  
Southport, Merseyside, PR8 6PN  
Telephone: 01704 547 471

[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

# Breast reconstruction

## Enhanced recovery and breast reconstruction

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## The enhanced recovery programme

When you are admitted to hospital for your surgery, you will be taking part in an enhanced recovery programme.

The aim of this programme is to improve the quality of your care and get you back to your usual activities as quickly as possible after your surgery.

The programme has been developed by a team of healthcare professionals including anaesthetists, surgeons, nurses and physiotherapists.

### The key parts of the programme are:

- Hydration and nutrition
- Good effective pain relief
- Moving about soon after your surgery

### Your active involvement

In order for the programme to be successful you need to take an active part in your recovery, and this leaflet will tell you how to do this.

Having surgery can be a worrying time.

The aim of the enhanced recovery programme is to provide you with advice and information to try and address some of your concerns and help you to recover quicker.

You may find it useful to make a note of any questions or concerns you wish to discuss and bring these with you to your next appointment.

## After surgery

### Day 2 after your surgery

- You can have the urinary catheter removed if not already
- You can usually have the breast drains removed if not already removed
- You will continue to increase mobility with the therapy team
- Your breast will continue to be looked at two hourly

### Day 3 after your surgery

- Your breast area will continue to be looked at four hourly
- You can usually have the drains in your tummy removed unless the surgeon asks for them to stay in a day longer

### Discharge home

- You are usually ready to go home from day 3 or day 4 after your surgery
- You will be able to have a shower daily
- You may be given medication on discharge and this may include a mild laxative
- You will be recommended to take regular paracetamol as routine pain relief at home
- You will be advised to continue to wear your surgical stockings for six weeks after your surgery
- You will be advised to wear your supportive bra and abdominal binder if your surgeon requested you to have one for six weeks after your surgery
- You will be given a discharge information leaflet
- You will be seen in a dressing clinic approximately two to three weeks after your surgery

## After surgery

- You will have a tube in your bladder (urinary catheter) so that the nursing staff can monitor the amount of urine you pass overnight
- You will have a warm air flow blanket (Bair hugger) on overnight to keep the breast warm
- You will usually have two drains in your tummy scar
- You will usually have one to two drains coming from the area around the breast reconstruction
- You will have massaging leg boots (Flowtron) on both lower legs that will help prevent a blood clot in your leg
- You can have a light diet and fluids to drink
- You will have careful monitoring of the breast area. The colour, warmth and sound waves (doppler) will be monitored every half an hour for four hours and then every hour for 24 hours

### Day 1 after your surgery

- You will be given help with your personal hygiene
- You will eat and drink as normal and the drip can be removed
- The physiotherapy and occupational therapy team will provide safe bed exercises, breathing exercises and practice bed transfer
- Your breast area will continue to be looked at hourly until the evening and then become every two hours
- You may require a rest period in the afternoon for two hours where you will be able to rest with no disturbances
- You will be asked to wear your supportive bra, and this may be provided to you by the ward
- You may be asked to wear an abdominal support
- You may be able to have the urinary catheter removed if able to walk to the bathroom safely by the end of the day

## Breast reconstruction school

You may be asked to attend a breast reconstruction school

This is aimed at providing you with the information you will need to help you before and after your surgery, and address any of your concerns.

This is a group session and will involve talks from most of the team that are involved in your care.

It may also include a tour of the ward where you will recover following your surgery.

Before your surgery you will also attend a pre-operative assessment clinic where you will have an assessment in preparation for your surgery.

### The day before admission

Whilst you are awaiting for your surgery there are lots of things you can do to help with your recovery:

- Discuss and plan with your family what help you will need at home following your surgery
- Make sure you are eating good nutritional food
- Make sure you keep an active lifestyle

You will be admitted to hospital the evening before surgery. Take a shower with the anti-bacterial shower wash provided before you come into hospital as your surgeon may see you in the evening to sign your consent form and also draw marks on your breast and tummy that will help the surgeon during the operation. The scan that you have had on your tummy will provide a map to help them with this.

## The day before admission continued..

You will receive a blood thinning injection usually in the top of your leg on the evening before surgery and once a day until you go home, in order to help prevent blood clots that can form when you are not up and about. Your surgeon will advise you if you need to continue with the injections when you go home.

As part of the enhanced recovery programme you will be asked to take three carbohydrate drinks called "preload". The information below tells you what you can eat and drink before surgery.

- Take the first preload drink at 6pm the evening before surgery
- Take the second preload drink at 10pm the evening before surgery
- You can eat and drink normally up until midnight on the evening before surgery.

## The day of your operation

You will be woken around 6am on the morning of surgery when you can:

- Take the third preload drink at 6am
- Have a shower with the provided anti-bacterial shower wash
- You will be seen by your surgeon to sign your consent form if you have not already done this
- Your anaesthetist will see you to discuss the anaesthetic and assess your health

## The day of your operation continued..

### Going to theatre

- You will be asked to change into a theatre gown and remove all make-up, nail varnish, jewellery and piercings
- You may be provided with surgical stockings
- You will walk to theatre with a nurse
- In theatre your care will be transferred over to the theatre staff and you may be asked to wait in a waiting area for a short time but do not worry a member of the theatre staff will be there with you
- Following your operation you will go to a recovery area where the nurses will continue to assess you and make sure you are comfortable

### Returning to the ward

- Your operation will be for most of the day and you can expect to return to the ward usually around evening visiting time

### Once on the ward

- You will be nursed in a side room where you can be kept warm and free from draughts
- You will be given oxygen through a mask on your face that will stay on overnight into the next day
- You will have a "drip" in a vein in your arm through which fluids can be given to keep you hydrated and will stay in until the next day