

Breast Surgery – Breast Reconstruction

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

It is important that while you are waiting for your surgery you remain as active and as medically fit as possible. If you have any long-standing conditions such as high blood pressure you should get this reviewed at your Doctor's surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker it would be advisable to seek support to help with stopping, advice can be found at your local pharmacy or Doctor's surgery.

All patients that are booked for surgery are requested to shield from the date of their COVID swab. All patients will be contacted within 72 hours prior to surgery date to arrange a COVID-19 screen. Please be advised if a patient who has been allocated a surgery date and catches COVID prior to their surgery, their surgery will be postponed for at least 28 days from a positive test.

The County Hospital offers 10 patient clinics every week allowing excellent access to the breast services. These are specialist breast clinics where full diagnostics, including ultrasound, mammograms and biopsies are performed.

Clinics are a 'one stop' service, with all tests carried out in one visit, wherever possible. Breast abscesses can usually be treated in these clinics on an outpatient basis. Clinics also provide advice on family history.

Breast surgeons are supported by the Breast Care Nurses, who provide a specialist service for patients following a diagnosis of breast cancer.

Services provided include:

- Information on treatment options and postoperative problems
- Support; one to one support for emotional and psychological issues, as well as practical problems
- Specialist advice for lymphoedema (mild and uncomplicated, related to breast cancer) and breast reconstruction, prosthetic fitting and assessments

The nurses are in attendance at breast clinics and are available in the Macmillan Renton Unit 9am to 5pm, Monday to Friday.

Healthy Lifestyles Herefordshire are here to help you and offer different levels of support to maintain a healthy weight and to stop smoking including telephone support, virtual and app-based support options.

Call: 01432 383567

Stop Smoking Service The stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves.

If you are not ready to quit just yet but would like more information on how to protect your family, **Smoke free Homes**, advises on how to make your home and car smoke free.

Weight Management Service The service supports adults aged 18 years or over who want to lose weight and have been identified as obese.

Find out your BMI

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) living on the Isle of Wight and your body mass index (BMI) is above average. Use this tool to [find out your BMI](#) . If it's too high, sign up for a programme that will help you lose weight BMI of 30+

If your BMI is 30 or higher, you qualify for free support from **Healthy Lifestyles Isle of Wight**.

BMI of 28+

You can get free support from Healthy Lifestyles Isle of Wight, if your BMI is 28 or over if at least one of the following applies:

- You have Type 1 and 2 Diabetes or Metabolic Syndrome
- You have problems with your heart, circulation, hypertension or high blood pressure
- You have been diagnosed with anxiety/depression
- You need to lose weight before receiving another medical treatment or surgery
- You have a serious long-term health condition that is adversely affected by your weight such as muscular skeletal disorders (back pain, mobility issues) and asthma
- You're from a black or ethnic minority background.

BMI of 25+

If you have a Body Mass Index of 25 or higher Better Health Let's Do This – Lose Weight website provides online support to help you lose weight and includes access to the NHS 12 week weight loss plan.

The NHS 12 week fitness plan will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

Breast Conditions and more information about it can be found here:

Types of Breast Cancer

- [Ductal carcinoma in situ \(DCIS\) \(BCC39\)](#)
- [Invasive ductal breast cancer \(BCC210\)](#)
- [Medullary breast cancer \(BCC185\)](#)
- [Tubular breast cancer \(BCC201\)](#)
- [Invasive lobular breast cancer \(BCC45\)](#)
- [Inflammatory breast cancer \(BCC23\)](#)
- [Paget's disease of the breast \(BCC38\)](#)

Important Information and Diagnosis

- [Personal Folder](#)
- [Treating primary breast cancer \(BCC4\)](#)
- [Mummy's Lump \(BCC164\)](#)

Surgical Advice

- [Vacuum Assisted Biopsy](#)
- [Your operation and recovery \(BCC151\)](#)
- [Wire Guide Localisation](#)
- [Sentinel Node Biopsy](#)
- [Wound Care](#)
- [Drain Care](#)
- [Exudrain Booklet](#)
- [Exercises after breast cancer surgery \(BCC6\)](#)
- [Reducing the risk of lymphoedema \(BCC15\)](#)
- [Breast prostheses, bras and clothes after surgery \(BCC123\)](#)
- [Understanding your pathology results \(BCC161\)](#)

Reconstruction

- [Breast reconstruction \(BCC7\)](#)
- [Understanding breast reconstruction](#)
- [Types of Reconstruction](#)

Chemotherapy

- [Chemotherapy \(Macmillan\)](#)
- [Chemotherapy \(Breast cancer now\)](#)

Hormone Therapy

- [Tamoxifen \(BCC20\)](#)
- [Anastrozole \(BCC31\)](#)
- [Exemestane \(BCC46\)](#)
- [Letrozole \(BCC64\)](#)

Menopause

- [Menopause \(Breast cancer now\)](#)
- [Menopause \(Macmillan\)](#)

Living with and beyond Breast cancer

- [Living with and beyond breast cancer](#)

Family History

- [Family history, genes and breast cancer \(BCC32\)](#)

Support Services

- [Breast Cancer Haven](#)
- [Yeleni Therapy and Support Centre](#)

Holistic Needs Assessment

- [Holistic Needs Assessment](#)

Living with secondary breast cancer

- [Living with secondary breast cancer \(Breast cancer now\)](#)
- [Living with secondary breast cancer \(Macmillan\)](#)

My Planned Care Patient Information Platform

What should I do if my health is deteriorating?



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If your condition suddenly worsens whilst you are waiting you should seek advice.

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries are still open

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

A list of GP practices with relevant contact details are available on the following website: www.onewighthealth.co.uk.

However, if you require any further information or support please do contact our [Macmillan information and support service](#) or if you have an allocated clinical nurse specialist at the hospital and you need to ask a question please give them a ring.

Macmillan Cancer Information and Support Service

The service is based at The County Hospital, within the Macmillan Renton Unit.

Who we are

Macmillan Cancer Support and Wye Valley NHS Trust have worked together to develop the Macmillan Cancer information and support service in the Macmillan Renton Unit.

We offer people affected by cancer access to good quality, comprehensive and appropriate information and support. You may have cancer yourself, care for a friend or relative, work as a health professional, or simply want to know more about cancer.

The service is staffed by a Macmillan Information and Support Advisor, supported by trained volunteers.

My Planned Care Patient Information Platform



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What we offer

We provide free information, support and practical advice for anyone affected by cancer. We can offer you:

- Confidential one-to-one support
- Information on all aspects of living cancer and treatments available
- Information on diet and nutrition
- Guided internet access
- Access to relevant support and information
- Weekly relaxation group (please call to book 01432 355444 ext 5459)

Some of our resources are available in different languages and formats, and are suitable for people with special needs.

What people ask

- How can I learn more about the type of cancer I have?
- Who can I speak to about financial advice?
- How can I help someone who has cancer?
- Do you have details about local and national support groups?
- I am finishing treatment - what happens now?

Just drop in

If you have any concerns about cancer then please drop by for a chat; you don't need to make an appointment. We are here to help from 9.30am to 4.30pm, Monday to Friday (except Bank Holidays).

If you can't visit the Macmillan Renton Unit we have a telephone information service and can arrange to call you at home.

Useful Links

[Macmillan Cancer Support](#)

[Information Prescription Service](#)

[Carers Support](#)

Complementary Therapies for Cancer Patients

[Yeleni Support Centre](#)

Support for children when family member has cancer

[Hope Support Services](#)

[Riprap](#)

My Planned Care Patient Information Platform

Contact Us



Wye Valley
NHS Trust

Mr Kaustuv Das - Secretary: Tracey Buckley - Tel: 01432 364024

Mr Nandkishore Potdar - Locum Consultant - Secretary: Billy Cooke - Tel: 01432 364028

Mr Claudiu Bucata – Assistant Secretary: India Hulbert - Tel: 01432 355444 ext 4370

Dr Pamela Young - Assistant Secretary: India Hulbert - Tel: 01432 355444 ext 4370

For email enquiries: breast.hch@nhs.net

Breast Care Nurses

Jacqueline Jones - Lead Breast, Lymphoedema and Gynaecology CNS

Tracey Horne – Breast Nurses Practitioner

Dorothy Bithell – Breast CNS

Kaija Assirati – Breast CNS

Juliet Davies – Breast CNS

Kathryn Morgan – Breast CNS

Marie Edwards – Breast CNS

For email enquiries: breastcare.nurses@nhs.net

Breast Oncology Services

Provided by Dr Jessica Bailey, Dr Nina Reeve, Ruth Bees on Tuesday's and Dr Daniel Nelmes on Friday's.

Secretaries:

Donna Holmes - Tel: 01432 355444 extension 5751

Kathy Brown - Tel: 0300 422 3830

Breast Reconstruction and Oncoplastic Surgery

Available at The County Hospital via:

- Mr Kaustuv Das
- Mrs VP Chandran (Visiting Consultant)
- Mr Vikram Vijh and Mr Srinivasan Plastic Surgery (Consultants based in Queen Elizabeth Medical Centre, Birmingham).

Services provided locally include Mammoplasties, Implant reconstruction, Lattismus Dorsi Flap reconstruction, fat transfer (lipofilling) and symmetrisation reduction etc.

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DIEP flap reconstruction is provided at the Queen Elizabeth Medical Centre, Birmingham.



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Telephone: 01432 364024

Genetic Service

Provided by Dr Trevor Coles at the Clinical Genetics Unit, Birmingham Women's Hospital.

Tel: 0121 607 4757

Lymphoedema Specialist Services

Breast cancer patients with more complicated lymphoedema problems can be referred to the above service based at Gaol Street Health Clinic in Hereford and providing outreach clinics.

Contact: Emma Hope, Stephanie Powell and Shirley Taylor Lymphoedema CNS

Tel: 01432 378996