

My Planned Care Patient Information Platform

Surgery and Cancer Division – General Surgery/Breast Surgery

Breast – Excision Biopsy

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 are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

You will have been provided with written documentation containing specific information relating to the procedure you have been listed for. For all patients awaiting breast surgery, the healthier and fitter they are prior to an anaesthetic the better their post operative recovery will be.

We advise all of our breast patients to remain self-aware and examine themselves once a month.

Sometimes lumps reduce in size or increase. If this is the case, please contact the team who will advise accordingly.

Whilst awaiting further procedures we ask patients to concentrate on their:

Health – any new symptoms seek medical advice from their GP. If Breast related, please contact your BCN (Breast Care Nurse) on 01270 612064

Lifestyle – to maintain a healthy lifestyle both physically and mentally and ensure a healthy work life balance

Weight – to reduce/maintain weight - support from the community dietician team accessed through the GP can be helpful

Exercise – we encourage all patients to remain fit and active, e.g. walking, Pilates, cycling, swimming, gym work etc. to fit in with their lifestyles.

Smoking Cessation (if applicable) – we are happy to refer you to the CURE team. The team help patients with tobacco addiction and support them on their journey of smoking cessation. Please contact the BCN who will arrange for the CURE team to contact you directly.

Mental Health - to ensure mental health and well being is a high priority. If any concerns, please contact your GP

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Alcohol – to monitor and reduce alcohol intake. There are now very helpful apps to record, monitor and promote a reduction in alcohol intake. E.g. Try Dry : the dry January app, NHS Drink free days, also seek help and advice from your GP.

What should I do if my health is deteriorating?

- Contact your Macmillan Breast Care Nurse on 01270 612130. Available Monday to Friday 9am – 4pm
- Out of hours Contact Ward 18 on 01270 612051 and attend A&E who will liaise with the Breast Consultant
- If non breast related **please contact your GP or NHS 111 for medical review in the first instance.** They will be able to advise if this is something they can support you with during your wait, or they will be able to direct you to the appropriate service to determine a management plan.

Contact Us

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Breast Team

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Direct : 01270 612064, ext 2064

Breast Care Nurses

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Breast Scheduling

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