

Breast Surgery

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. The breast team deal with the diagnosis and management of breast related conditions that require surgical intervention. The breast team involves the treatment of children, adolescents and adults, and the management of anxious and medically complex patients. Your consultant will discuss with you at your outpatient appointment if you require Breast surgery treatment.

Guidance for Patients

Whilst you are waiting for your surgical intervention it is important that 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.

Whilst you are waiting for your procedure, it is important to maintain a healthy lifestyle. St Helens Wellbeing service makes it easier to access a wide range of healthy living and wellbeing support through a 'one stop shop'. The service provides local residents with advice and help with healthy eating, exercise, weight management, stopping smoking, breastfeeding, emotional and social wellbeing, oral health and volunteering.

Call: 01744 371111

Email: chcp.sthelens@nhs.net

Website: www.sthelenswellbeing.org.uk

My Planned Care Patient Information Platform

Find out your BMI

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) living in St Helens and your body mass index (BMI) is above average. St Helens Wellbeing services are offering a free weight loss programme with personalised ongoing support if your BMI is between 30-39.9, to help you get fitter and healthier. Use the below tool to calculate your BMI.

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator>

What should I do if my health is deteriorating?

If you have been listed for surgery and the lump changes in a significant way or you develop redness of the skin and/or pain, please immediately contact the breast team secretary by phone.

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

Additional Information for Burney Breast Unit Services can be found on:

St Helens and Knowsley Teaching Hospital NHS Trust website –

www.sthk.nhs.uk/our-services

Our services

Burney Breast Unit