

PLASTIC SURGERY – Reconstruction of breast using free deep inferior epigastric perforator flap

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.

Breast reconstruction surgery has recommenced but we are managing a significant backlog of patients due to Covid.

Please read the following information in conjunction with our staying healthy guidance.

Guidance for Patients

Thank you for your patience and understanding while awaiting your surgery.

You need to ensure that your body mass index (BMI) does not increase whilst you wait for your surgery. Generally, your BMI should be less than 30 at the time of surgery, unless your surgeon has set a different maximum limit. You can calculate your BMI using this link:

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

If your BMI does increase to a high level that will make your surgery unsafe, then your procedure may be cancelled on the day of your surgery.

Aim to keep yourself physically fit prior to the procedure as this will aid your recovery from surgery.

If you no longer wish to proceed with this surgery, please let the secretarial team know on the below number.

What should I do if my health is deteriorating?

If your health is deteriorating, you need to be seen by your GP for review and further assessment and management.

Contact Us

Secretary to Mr Eltigani, Mr Park, Miss Skillman & Miss Wallis:

Jackie Conboy: 02476 965223