

Patient information

Wide local excision

After your visit to the Outpatient Clinic, you may have some questions about your forthcoming admission and operation. The following information may be of some help, but please feel free to telephone with any queries.

Wide local excision

This is an operation to remove an abnormal area of the breast. This is usually done through one incision. The scar will be on the breast.

Coming into hospital

You will be seen in Pre-Assessment prior to your admission. You will be seen by a doctor or nurse and given a full examination to ensure you are fit for a general anaesthetic. The doctor or nurse will organise any tests thought to be necessary.

Admission or day of your operation

You will be asked to attend ward F5 on the day of your surgery but you could be moved to another ward if a bed is not available there. You will be advised at pre-operative assessment when to stop eating and drinking, usually 6 hours prior to surgery. This means no food, dairy products including milky tea/coffee, chewing gum or boiled sweets. You are allowed to have sips of plain water up until 2 hours before surgery. Pre-assessment will also advise which medication to take or omit.

We do not routinely use pre-medication.

Any questions you have with reference to your anaesthetic or operation can be addressed at your pre assessment appointment or on the day of surgery.

After the operation

The wound may be covered by a dressing or surgical glue. It must be kept dry for 5 days. You can then shower normally but do not soak the wound until completely healed, normally about 2 weeks.

There will be some discomfort to the affected area but if you experience pain please ask the ward staff for painkillers.

You may find it more comfortable to wear a soft non-wired bra.

Going home

You should be able to go home the same day as your surgery. Before you are able to go home we will need to check the following:

- You have had something to eat and drink and do not feel nauseous
- You have passed urine
- Your observations are stable (temperature, blood pressure and pulse)
- Your dressing is clean and dry
- Transport home is available as you are not permitted to drive
- You have a responsible adult to stay with you for the first 24 hours
- Any pre-existing medical conditions are stable
- You are pain free and feel well enough

If you have any concerns about going home or any other issues please discuss with the Breast Care Nurses or the ward staff.

You will be given an outpatient appointment to attend for the results of the surgery prior to leaving hospital.

You may feel tired for the first couple of weeks so it may be helpful to have someone to help with household activities. Increase your activity levels gradually.

You should be able to drive after about 2 weeks, when you feel comfortable behind the wheel with your seatbelt on, and are able to perform an emergency stop safely. Check with your insurance for clauses covering health and operations.

Return to work when you feel able, or when treatment is complete.

If you do keep fit or swimming you should be able to return to these activities when your wound has healed. Build these activities up gradually.

Sexual activity: you are going through a stressful time and are recovering from surgery. Talk to your partner about how you are feeling to avoid any misunderstanding. See Breast Cancer Care booklet: 'Sexuality, Intimacy and Breast Cancer' for further information.

You may have a slight dent where the breast tissue has been removed, in time this usually evens out. If it does not please contact the Breast Care Nurses, as breast forms are available.

Potential wound problems

- **Swelling:** This is common and may indicate a collection of fluid which is called a seroma. Please seek advice from the Breast Care Nurses.
- **Leaking of fluid:** Please seek advice from your GP, Practice Nurse or Breast Care Nurse.
- **Bruising:** This is common and may take several weeks to subside.
- **Infection:** The wound may be red and hot and you may feel unwell. Please seek urgent advice from your GP or Breast Care Nurse.
- **Pain:** This is common. Please take regular analgesia (pain killers) as instructed.

If you have any concerns please contact:

Breast Care Nursing Team

Telephone: 01284 713281, Monday—Friday 8.30am—4.30 pm.

Donations in support of our work may be made to the West Suffolk Hospital Breast Cancer Fund.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



© West Suffolk NHS Foundation Trust