

You will have a preoperative assessment a few days before your operation either in the pre-op assessment unit or on Tavistock day case ward.

It is a good idea to have at home a supply of mild painkillers that you would normally take.

You will be admitted to a dedicated breast surgery bay on a surgical ward.

Most breast surgery patients are discharged on the same day as their surgery or following one overnight stay. Patients who are having reconstruction may be in hospital from two to ten, or more days depending on the type of surgery you are having.

Things to bring to hospital

- Prescribed medicines in their original packaging;
- A dressing gown, slippers, toiletries, your own towel;
- Comfortable day clothes to go home in;
- A supportive bra;
- Books/magazines/ small change for newspapers.

Going home

You should see a physiotherapist and will be shown exercises to do after your surgery.

You will be discharged with a letter for your GP and a pack of medicines

Patients with surgical wound drains

You will have a wound drain (s) if you are having a mastectomy and/or an axillary clearance or breast reconstruction surgery.

Please bring a draw string bag about 10 inches square to hold your drain bottle (s) –it will make it easier for you to move around whilst carrying your drainage bottles.

Patients are discharged from hospital with drains in place. You will be shown how to care for the drain and you will be given printed instructions.

Once you are at home, district nurses will call to assist you.

If you have any questions please do not hesitate to speak to a member of the team.