

## Breast Surgery: Simple Mastectomy

### Overview

You have been recommended to have a mastectomy as the surgical treatment for your breast cancer. The operation generally lasts between one and one and a half hours and requires a stay in hospital of up to seven days. This will be performed under general anaesthetic.

This information leaflet explains some of the aims, benefits, risks and alternatives to this procedure (operation/treatment). We want you to be informed about your choices to help you to be fully involved in making any decisions.

Please ask about anything you do not fully understand or wish to have explained in more detail.

### Please bring this form with you to hospital

Please read this form carefully and bring it back to the hospital on the day of your operation. You and your surgeon (or other appropriate healthcare professional) will sign it on the day to document your consent.

Remember, you can change your mind about having the procedure at any time.

---

### For staff use only:

Does the patient have any special requirements? (eg requires an interpreter or other additional communication method)

.....

### About the procedure

Breast Side: .....

A simple mastectomy involves making incisions around the breast, removing most of the breast tissue, including the nipple and areola (dark skin around the nipple), and some of the breast skin, which leaves a scar that is flat against the chest wall.

The procedure will be performed to treat your breast cancer and obtain detailed information about the tumour. This will help us to plan the next stage of your treatment (adjuvant therapy) to help prevent recurrence and improve your outcome.

### Before your procedure

You will be seen at the pre-admission clinic by a member of the pre-assessment unit and you can discuss any worries or concerns about the operation with the staff present.

Details of your medical history will be obtained, a clinical examination will be performed and any investigations deemed necessary will be carried out. If you are taking any tablets or other forms of medication, you should tell the doctor treating you.

You will normally be admitted to the hospital on the day of surgery or overnight if you have medical problems (e.g. diabetes) in preparation for the operation the next day. This procedure involves the use of general anaesthesia, which means you will not be conscious during the surgery and the anaesthetist will see you before the procedure to assess your state of health and discuss the details with you.

## After the procedure

After your operation, you will wake up in the recovery room. You might have an oxygen mask on your face to help you breathe and you may wake up feeling sleepy.

You will have a small, plastic tube in one of the veins in your arm. This may be attached to a bag of fluid (called a drip), which feeds your body until you are well enough to eat and drink by yourself.

While you are in the recovery room, a nurse will check your pulse and blood pressure regularly. When you are well enough to be moved, you will be taken to the ward. Sometimes, people feel sick after an operation and might vomit. If you feel sick, please tell a nurse and you will be offered medicine to make you feel more comfortable.

**Eating and drinking:** After the operation, you will be able to eat and drink when you are fully awake again. This usually takes between two and four hours. How quickly you return to a normal diet will depend on how you feel. Most patients recover their appetite very quickly.

**Getting up and about:** Generally, it is best to get out of bed as soon as you feel you can. If, on the first day, you cannot get out of bed, you will be encouraged to move your legs in bed to prevent blood clots forming.

We will arrange for the physiotherapist to visit you on the ward to give advice and exercises.

**Special measures you need to take AFTER the procedure:** You will be given more detailed information about any special measures you need to take after the procedure. You will also be given information about things to watch out for that might be early signs of problems (eg infection).

Experienced staff are available to help you. Please tell your nurses or doctors about any concerns that you have, they will try to help you resolve them.

Generally the skin stitches used are absorbable and do not need to be removed (You will be informed if the skin stitches need to be removed). You will have a light dressing covering your

wound to keep it clean, and this will usually be in place for the first day or so. The wound may be secured with steri-strips which are like small pieces of tape. They help healing and support the wound. These will gradually come off in the bath or the shower.

**When you can leave hospital:** The time that you stay in hospital will depend on how you are feeling after your operation, the type of operation, and your doctor's opinion.

**When you can resume normal activities including work:** You can usually begin gentle work within a week or two, but you might need to wait a little longer for more vigorous activity.

It is not uncommon to feel a bit 'down' after any operation, so do ask your doctor or breast care nurse if you feel you need more psychological support.

**Check-ups and results:** You will be given a date to return to clinic for the results of your surgery. By then the tissue removed at the operation will have been examined and your results discussed by the breast care team. Any further treatment, if recommended, will be discussed with you then. **If you do not receive this follow-up appointment (within a week of discharge), please contact the breast care nurse.**

Before you leave the ward, you will be given a temporary prosthesis 'comfies'. Please contact the breast care nurses when you are ready to be fitted with a longer-term prosthesis.

## Post Surgical Treatment

When deciding if you need post-surgical treatment (called adjuvant therapy), your team will assess several factors, including the risk of the cancer recurring, the characteristics of the cancer, and how much the treatment will benefit you. This will be discussed with you by a member of the breast team.

### Alternative procedures that are available

Other forms of treatment can be utilised in the treatment of your cancer, such as radiation therapy (using high-dose X-rays to kill cancer cells), chemotherapy (using drugs to kill cancer cells), and hormone therapy (using hormones to stop the cells from growing). However, the present recommendation by the breast team is that in your case, surgery is the best form of treatment at this stage.

### Serious or frequently occurring risks

All operations have a small risk of side effects, such as pain, bleeding and infection. The risks associated with general anaesthesia include potential breathing and heart problems, as well as possible reactions to medications. For a woman who is otherwise in good health, the risk of a serious complication due to general anaesthesia is less than 1%.

**Mastectomy:** You might have tingly feelings or shooting pain where the breast was removed, this can last for six months or longer. Additionally, some women notice a change in their balance due to the loss of the breast weight. Wearing a prosthesis helps with this problem.

**Seroma:** Seroma is a collection of fluid under the arm or skin flap after surgery. This fluid might need to be drained using a needle. Draining is a very simple procedure that can be done by a member of the breast team.

## Information and support

Additional information will be given to you in the form of a patient information breast care pack. Do feel free to speak to a member of staff if you have any questions or anxieties.

## Useful Contacts

### Breast Care Nurses:

Bridget Ashdown  
01234 792057  
Bridget.Ashdown@bedfordhospital.nhs.uk

Rachel Bryce  
01234 792057  
Rachel.Bryce@bedfordhospital.nhs.uk

Alison Borromeo  
01234 355 122 ext. 5268  
Alison.Borromeo@bedfordhospital.nhs.uk

**Cancer BACUP:** 0808 800 1234  
**Breast Cancer Care:** 0808 800 6000

## Consent form

**Consultant:**

**Name of proposed procedure:** Simple Mastectomy

**Side** (left/right).....

**For staff use only:**

**Surname:**

**First names:**

**Date of birth:**

**Hospital no:**

**Male/Female:**

**(Use hospital identification label)**

### Statement of health professional

(To be filled in by a health professional with an **appropriate knowledge of the proposed procedure**, as specified in the hospital's consent policy)

I have explained the procedure to the patient. In particular, I have explained:

- How it will be performed
- The intended benefits of the procedure
- Any serious or frequently occurring risks including those specific to the patient e.g. **infection, bleeding, seroma, arm swelling, numbness under arm, flap necrosis or loss..**
- Any extra procedures that might become necessary during the procedure

Blood transfusion     Other procedure (please specify) .....

I have discussed what the treatment / procedure is likely to involve, the benefits and risks of any available alternative treatments (including no treatment) and any particular concerns of this patient.

The following information leaflet has been provided:.....Version/Date/Ref:

This procedure will involve:

General and/or regional anaesthesia     Local anaesthesia     Sedation

**Health professional's signature**

**Date:**

**Name (PRINT):**

**Job title:**

**Contact details** (if patient wishes to discuss details later).....

I have offered the patient information about the procedure but s/he has declined information.

### Important notes: (tick if applicable)

The patient has withdrawn consent (ask patient to sign/date here) .....

See also advance directive/living will (eg Jehovah's Witness form)

### Statement of the interpreter (if appropriate)

I have interpreted the information to the best of my ability, and in a way in which I believe s/he can understand:

**Interpreter's signature:**

**Date:**

**Name (PRINT):**

**Copy accepted by patient: yes / no (please circle)**

<b>For staff use only:</b>
<b>Surname:</b>
<b>First names:</b>
<b>Date of birth:</b>
<b>Hospital no:</b>
<b>Male/Female:</b>
<b>(Use hospital identification label)</b>

**Statement of patient**

Please read this form carefully. If your treatment has been planned in advance, you should already have your own copy, which described the benefits and risks of the proposed treatment. If not, you will be offered a copy now. Do ask if you have any further questions - we are here to help you. **You have the right to change your mind at any time, including after you have signed this form.**

Training doctors and other health professionals is essential to the continuation of the health service and improving the quality of care. Your treatment may provide an important opportunity for such training, where necessary under the careful supervision of a senior doctor. You may, however, decline to be involved in the formal training of medical and other students without this adversely affecting your care and treatment.

**Please tick boxes to indicate you understand and either agree/disagree to the statements below.**

	Yes	No
<b>I agree</b> to the procedure (or course of treatment) described on this form.	<input type="checkbox"/>	<input type="checkbox"/>
<b>I understand</b> that you cannot give me a guarantee that a particular person will perform the procedure. The person will, however, have appropriate experience.	<input type="checkbox"/>	<input type="checkbox"/>
<b>I agree</b> that any tissue (including blood) removed as part of the procedure or treatment may be used for diagnosis and audit, stored or disposed of as appropriate and in a manner regulated by appropriate, ethical, legal and professional standards.	<input type="checkbox"/>	<input type="checkbox"/>
<b>I agree</b> that tissue (including blood) not needed for my own diagnosis or treatment can be used for the following purposes that could benefit other patients: <b>Teaching</b> <b>Research which may include genetic research</b>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<b>I understand</b> that all research will be approved by a research ethics committee and undertaken in accordance with appropriate ethical, legal and professional standards.	<input type="checkbox"/>	<input type="checkbox"/>
<b>I understand</b> that the research may be conducted within a hospital, university, not for profit organisation or a company laboratory.	<input type="checkbox"/>	<input type="checkbox"/>
<b>I agree</b> to the use of photography for the purpose of diagnosis and treatment.	<input type="checkbox"/>	<input type="checkbox"/>
<b>I agree</b> to anonymised photographs being used for medical teaching	<input type="checkbox"/>	<input type="checkbox"/>

	Yes	No
<b>I understand</b> that I will have the opportunity to discuss the details of anaesthesia with an anaesthetist before the procedure, unless the urgency of my situation prevents this. (This only applies to patients having general or regional anaesthesia.)	<input type="checkbox"/>	
<b>I understand</b> that any procedure in addition to those described on this form will only be carried out if it is necessary to save my life or to prevent serious harm to my health.	<input type="checkbox"/>	
<b>I have been told</b> about additional procedures which may become necessary during my treatment. I have listed below any procedures that <b>I do not wish, without further discussion, to be carried out.</b>	<input type="checkbox"/>	

**Patient's own signature:**

**Date**

**Name (PRINT):**

If the patient is unable to sign but has indicated his/her consent, a witness should sign below. Young people may also like a parent to sign here (see guidance notes).

**Witness's own signature:**

**Date:**

**Name (PRINT):**

**Confirmation of consent** (to be completed by a health professional when the patient is admitted for the procedure, if the patient has signed the form in advance)

On behalf of the team treating the patient, I have confirmed with the patient that s/he has no further questions and wishes the procedure to go ahead.

**Signature:**

**Date:**

**Name (PRINT):**

**Role:**

*Adapted with kind permission from Addenbrooke's Hospital*