

Post-operative advice for Mr Poddar and Miss Pronisceva's breast patients

Information for patients from your Breast Care Nurse

This leaflet is not meant to replace the information discussed between you and your doctor, but can act as a starting point for such a discussion or as a useful reminder of the key points.

How do I look after my dressing?

- Your wound is covered with a **water-resistant dressing** and should be removed within five to seven days of your surgery (either by you, your practice nurse, or district nurse). This should be arranged before you leave hospital after your operation.
- You can remove the **steristrips** 10 days after your surgery.

Can I get my wound wet?

You can have a bath or shower, but do not soak your wound for five days.

When should I start my exercises?

Remember to start your exercises as soon as you feel able after your surgery.



Who should I contact if I have any questions or concerns?

If you have any concerns when you get home, please contact one of the following.

- **Breast Care Nurse (Monday to Friday 9am to 5pm)**
Telephone: 01227 86 86 66
- **Surgical Registrar (weekends or out of hours)**
Queen Elizabeth the Queen Mother (QEQM) Hospital Margate
Telephone: 01843 22 55 44 (switchboard)

If you are then referred to the Emergency Department (ED), please go to the ED at the QEQM Hospital.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation

Information produced by your Breast Care Nurse

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