

## PLASTIC SURGERY – Other specified other plastic operations on breast

### 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.

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

### Guidance for Patients

Thank you for your patience while awaiting your surgery.

You need to ensure that your body mass index (BMI) does not increase whilst you wait for your surgery. Your surgeon will have discussed your individual BMI target for your surgery to go ahead safely. This information can usually be found in your clinic letter. 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.

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 Hardwicke, Mr Wallace:

Amy Brick: 02476 965287

Secretary to Mr Eltigani, Miss Skillman & Miss Wallis:

Jackie Conboy: 02476 965223

Secretary to Mr Das-Gupta, Mr Izadi:

Emma Tait: 02476 965289

For Mr Park or Mr Venus enquiries – please contact any of the above numbers.