

Mastectomy

Whilst you are waiting for your Mastectomy under the care of the breast service, you may find it useful to read this patient leaflet which we hope you will find helpful.

The leaflet has been developed by expert clinicians and is produced by a company named EIDO Healthcare. The Shrewsbury and Telford Hospital NHS Trust subscribe to the services of EIDO as we believe the information they produce can be trusted and is of a high quality.

The information leaflet explains what a mastectomy is, what the benefits of surgery are, recovery after surgery and much more. It will support the information you received during your first outpatient appointment.

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.

Guidance for Patients

Whilst you await your surgery, there are many things that you can do to support your health and wellbeing. The Shrewsbury and Telford Hospital NHS Trust website includes a variety of useful information including health and support with mental wellbeing, addiction, guidance for parents and carers, exercise and practical help that you may find useful. You can find the website using this link: www.sath.nhs.uk

Take Your Medication

Whilst you are waiting for your surgery, it is important that you continue to take any medication prescribed to you by either your GP or another hospital doctor. This may include medication specific to the condition and medication for other conditions but importance for general health maintenance eg. pain medication for specific condition and statins for overall health. If you feel that you need a review of your medication, please contact your GP.

Keep Moving

Keeping active is great for not just your physical health – it can help with your emotional well-being too. If you are able to, a 20 minute walk each day can help protect your heart, support effective weight loss, keep your memory sharp, improve your mood and help you sleep better. Walking for Health is an NHS website that provides more information on how to exercise safely. You can find the website at www.nhs.uk/live-well/exercise/walking-for-health

Improve Your Health

Stopping smoking is easier if people in your life support you. Let them know you are planning to quit smoking so they can help. There is a Smokefree National Helpline manned by expert advisors available between 9am and 8pm. You can call them on 0300 123 1044. For details of services available locally in Shropshire and Telford & Wrekin visit www.shropshiretelfordandwrekinccg.nhs.uk/health-advice/stop-smoking If you live in Powys you may wish to search <https://pthb.nhs.wales/services/virtual-and-online-services>

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Good Mental Health

Stress is a natural reaction to life factors such as health, school, work family etc. Sometimes our problems can lead to low mood or something more serious. The following are just some of the ways that have been shown to improve mental health and wellbeing: get active, have lunch with a friend, try a new hobby, learn new skills, meditate or practice yoga. If you feel you need more support whilst you wait for your hospital appointment you may wish to contact the following community Services:

- Shropshire/Telford & Wrekin ACCESS service. Call 0300 124 0365 or email shropshire@mpft.nhs.uk
- Telford Primary Care Wellbeing Service. Call 01952 457415 or email telford@mpft.nhs.uk
- Powys Mental Health Information Service. Call 01686 628300 / 01597 822191 or visit the Powys Mental Health website www.powysmentalhealth.org.uk

What should I do if my health is deteriorating?

If you feel that your health has deteriorated since you visited your GP, our advice is that you make an appointment to see your GP as soon as you are able. If the deterioration is linked to this referral, your GP is the person who can contact this hospital with a request to upgrade your referral, if this is appropriate.

Contact Us

If you have any concerns or questions that you need support with, our Patient Advice and Liaison Service (PALS) is a great place to start. You can call 01743 261691 for the Royal Shrewsbury Hospital or 01952 641222 ext 4382 for the Princess Royal Hospital. They will listen to you and advise you how they can help. If you would prefer to get in touch by email, please contact sath.pals@nhs.net

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Patient Information for Consent

B02 Mastectomy

Expires end of June 2022

Local Information

You can get information locally from your named Breast Care Nurse via 01952 641222 ext 4164.

Get more information and references at www.aboutmyhealth.org

Tell us how useful you found this document at www.patientfeedback.org

eidohealthcare.com



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What is breast cancer?

Breast cancer is a malignant growth that starts in the glandular tissue of your breast. It affects about 55,000 women and 400 men every year.

It is not known why most breast cancers develop. Only 1 in 20 breast cancers happen because it runs in the family. Early treatment improves the chance of you being free of early breast cancer.

What is a mastectomy?

A mastectomy involves removing all of your breast, usually including your nipple. Your surgeon will talk with you about whether your nipple can be preserved. As well as removing your breast tissue, your surgeon may remove lymph nodes (glands) in your armpit (axilla) to find out if there are any cancer cells in them.

Although a mastectomy involves removing all your breast, it is possible to have breast reconstruction to recreate a breast shape. This can be performed at the same time as the mastectomy or by a later operation. You will be able to discuss this with your surgeon before your mastectomy.

Your surgeon may have recommended a mastectomy or you may have chosen to have a mastectomy. It is your decision to go ahead with the operation or not.

This document will give you information about the benefits and risks to help you to make an informed decision. If you have any questions that this document does not answer, it is important that you ask your surgeon or the breast cancer team. Once all your questions have been answered and you feel ready to go ahead with the procedure, you will be asked to sign the informed consent form. This is the final step in the decision-making process. However, you can still change your mind at any point before the procedure.

What are the benefits of surgery?

Removing the cancer by surgery gives you the best chance of being free of early breast cancer. The breast tissue and lymph nodes that your surgeon removes will be examined under a microscope to help decide on any further treatment.

If you have an advanced breast cancer, where the cancer has spread to other areas of your body, it

is unlikely that surgery will lead to you being cured.

Surgery, together with other treatments, may control the cancer and improve your quality of life.

Are there any alternatives to a mastectomy?

If you have invasive breast cancer, where the cancer has grown through the ducts to the surrounding breast tissue, there are other treatments available such as hormone therapy, chemotherapy, radiotherapy and biological therapy (treatment with Herceptin). These treatments on their own are unlikely to lead to you being cured and they also have side effects and complications. However, they may shrink the cancer or control it for a few years (reduce growth and spreading).

Removing the cancer by surgery gives you the best chance of being free of early breast cancer.

For most women, combining surgery with one or more of the other treatments will further improve the chance of being free of early breast cancer.

Sometimes it may be possible to remove the cancer with a rim of breast tissue around the cancer, instead of having to remove all your breast tissue. The operation is called a wide local excision and is usually combined with radiotherapy.

You should discuss the options carefully with your surgeon and breast-care nurse.

What will happen if I decide not to have the operation?

If appropriate, your surgeon will discuss non-surgical treatments with you.

The cancer may not be controlled by other treatments, or the cancer may be controlled at first and then spread in a few months or years.

Not removing the cancer by surgery will reduce the chance of you being cured.

What does the operation involve?

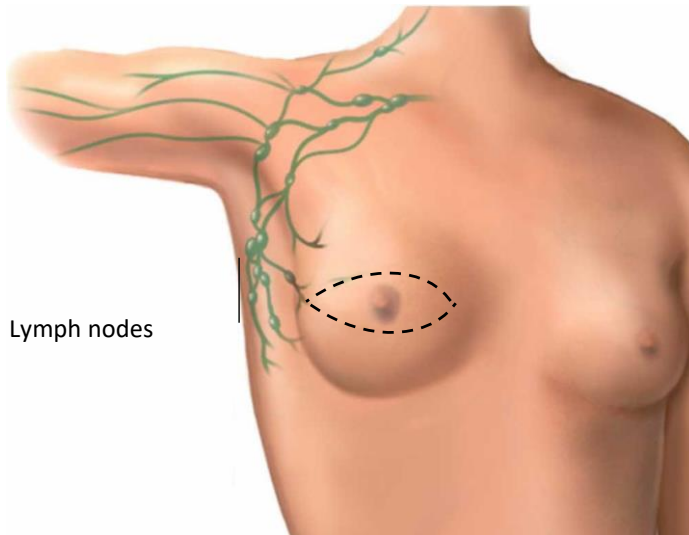
The breast cancer team will carry out a number of checks to make sure you have the operation you came in for and on the correct side. You can help by confirming to your surgeon and the breast cancer team your name and the operation you are

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having.

The operation is performed under a general anaesthetic. You may also have injections of local anaesthetic to help with the pain after the operation. You may be given antibiotics during the operation to reduce the risk of infection.

Your surgeon will make an elliptical (oval) cut on your breast to include your nipple.



Lymph nodes

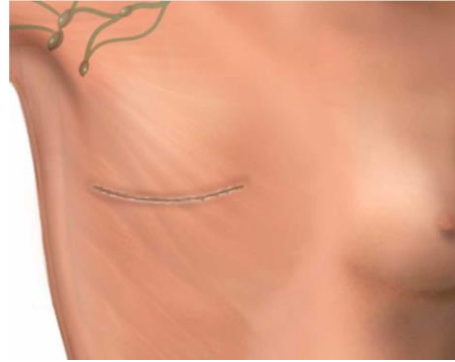
An elliptical cut

The direction of the cut depends on where the cancer is. Your surgeon will remove your breast tissue.

Your surgeon will remove any lymph nodes from your armpit through the same cut. They will go through the fatty tissue of your armpit to remove them. Your surgeon will tell you before the operation if they need to remove any of your lymph nodes. They may need to remove 1 or 2 targeted lymph nodes (sentinel node biopsy), about 4 or 5 random lymph nodes (axillary sampling) or most of your lymph nodes (axillary node clearance).

Your surgeon may insert drains (tubes) under your skin to help your wound to heal. They will close the cut with stitches, clips or glue. Your surgeon may place dissolvable stitches under your skin so you cannot see them.

Your chest on the side of the operation will be flat. Your wound should heal to a faint line across the side of your chest.



The usual position of a scar

Will I need more treatment?

All your breast tissue and lymph nodes removed will be examined under a microscope. Your surgeon will know the results 1 to 2 weeks later. If you only had a sentinel node biopsy and the lymph nodes contain cancer cells, you may need to have an axillary treatment (an axillary clearance or radiotherapy).

For about 9 in 10 women, other treatment given after surgery will be of benefit. Your surgeon and oncologist (doctor who specialises in treating cancer with medication and radiotherapy) may recommend that you have radiotherapy, chemotherapy, hormone therapy or biological therapy.

These treatments also have side effects and complications. Your surgeon and oncologist will discuss the options with you and recommend the best treatment for you. You will be informed about these treatment options to make sure you get the best treatment to meet your needs.

What should I do about my medication?

Make sure your breast cancer team knows about all the medication you take and follow their advice. This includes all blood-thinning medication as well as herbal and complementary remedies, dietary supplements, and medication you can buy over the counter.

If you take hormone replacement therapy (HRT), your surgeon may recommend that you stop taking it as it may increase the risk of the cancer coming back.

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What can I do to help make the operation a success?

If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.

Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Before you start exercising, ask the breast cancer team or your GP for advice.

You can reduce your risk of infection in a surgical wound.

- In the week before the operation, do not shave or wax the area where a cut is likely to be made.
- Try to have a bath or shower either the day before or on the day of the operation.
- Keep warm around the time of the operation. Let the breast cancer team know if you feel cold.
- If you are diabetic, keep your blood sugar levels under control around the time of your procedure.

If you have not had the coronavirus (Covid-19) vaccine, you may be at an increased risk of serious illness related to Covid-19 while you recover.

Speak to your doctor or healthcare team if you would like to have the vaccine.

What complications can happen?

The breast cancer team will try to reduce the risk of complications.

Any numbers which relate to risk are from studies of people who have had this operation. Your doctor may be able to tell you if the risk of a complication is higher or lower for you.

Some complications can be serious and can even cause death.

You should ask your doctor if there is anything you do not understand.

Your anaesthetist will be able to discuss with you the possible complications of having an anaesthetic.

General complications of any operation

- Bleeding during or after the operation (risk: 2 to 3 in 100). You may need a blood transfusion or another operation and it is common for your chest or armpit to be bruised. Infection of the surgical site (wound). It is usually safe to shower after 2 days but you should check with the breast cancer team. Let the breast cancer team know if you get a high temperature, notice pus in your wound, or if your wound becomes red, sore or painful. An infection usually settles with antibiotics and any pus may need to be removed. You may need special dressings and your wound may take some time to heal. In some cases another operation might be needed. Do not take antibiotics unless you are told you need them.
- Allergic reaction to the equipment, materials or medication. The breast cancer team is trained to detect and treat any reactions that might happen. Let your doctor know if you have any allergies or if you have reacted to any medication or tests in the past.
- Blood clot in your leg (deep-vein thrombosis – DVT). This can cause pain, swelling or redness in your leg, or the veins near the surface of your leg to appear larger than normal. The breast cancer team will assess your risk. They will encourage you to get out of bed soon after the operation and may give you injections, medication, or special stockings to wear. Let the breast cancer team know straight away if you think you might have a DVT.
- Blood clot in your lung (pulmonary embolus), if a blood clot moves through your bloodstream to

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your lungs. Let the breast cancer team know straight away if you become short of breath, feel pain in your chest or upper back, or if you cough up blood. If you are at home, call an ambulance or go immediately to your nearest Emergency department.

- Chest infection. If you have the operation within 6 weeks of catching Covid-19, your risk of a chest infection is increased (see the 'Covid-19' section for more information).

Specific complications of this operation

- Developing a lump under your wound caused by fluid collecting (seroma). This is normal. Sometimes the fluid needs to be removed using a needle.
- Developing a lump under your wound caused by blood collecting (haematoma). You may need another operation to remove the blood.
- Numbness or continued pain around your armpit or the inner part of your arm caused by injury to the small nerves that supply your skin. Any pain usually gets better within a few weeks. Numbness can last for up to 6 months and can sometimes be permanent.
- Skin necrosis, where some of the skin at the edge of your wound dies leaving a black area (risk: less than 2 in 100). You may need another operation to remove the dead skin or, rarely, a skin graft using skin from another area of your body.
- Stiff shoulder. The breast cancer team will give you exercises and it is important that you do them to keep your shoulder moving. Take painkillers as you are told if you need to relieve the pain. If you also have radiotherapy to your armpit (as well as to your chest wall) or if most of your lymph nodes are removed, there is a higher risk your shoulder movement may be restricted (frozen shoulder). Treatment for a frozen shoulder may involve physiotherapy, medication and injections.
- Arm weakness or swelling of your arm and hand (lymphoedema), as a result of axillary surgery. The risk is higher if you also have radiotherapy to your armpit or if most of your lymph nodes are removed. You can get lymphoedema months or even years later. It will make your arm prone to infection. Your breast-care nurse will give you advice on how to care for your arm to reduce the risk of swelling.

Less than 1 in 10 women will get a complication in the first 30 days.

Covid-19

A recent Covid-19 infection increases your risk of lung complications or death if you have an operation under general anaesthetic. This risk reduces the longer it is since the infection. After 7 weeks the risk is no higher than someone who has not had Covid-19. However, if you still have symptoms the risk remains high. The risk also depends on your age, overall health and the type of surgery you are having.

You must follow instructions to self-isolate and take a Covid-19 test before your operation. If you have had Covid-19 up to 7 weeks before the operation you should discuss the risks and benefits of delaying it with your surgeon.

Consequences of this procedure

- Pain. The breast cancer team will give you medication to control the pain and it is important that you take it as you are told so you can move your arm freely to prevent your shoulder from getting stiff.
- Unsightly scarring of your skin.

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How soon will I recover?

In hospital

After the operation you will be transferred to the recovery area and then to the ward.

The breast cancer team will recommend exercises to help you to move and strengthen your arm. It is important that you do these exercises regularly after you go home.

Your breast-care nurse will advise you about starting to wear a soft pad (prosthesis) in your bra, usually before you leave hospital.

You should be able to go home the same day, however your doctor might recommend you stay in hospital for a little longer.

A responsible adult will need to take you home in a car or taxi and stay with you for at least 24 hours. Be near a telephone in case of an emergency.

If drains have been used, you should be able to go home with them in place. Your healthcare team will tell you when you will need to come back to have them removed.

If you are worried about anything, in hospital or at home, contact the breast cancer team. They should be able to reassure you or identify and treat any complications.

Returning to normal activities

Do not drive, operate machinery or do any potentially dangerous activities (this includes cooking) for at least 24 hours and not until you have fully recovered feeling, movement and co-ordination. If you had a general anaesthetic or sedation, you should also not sign legal documents or drink alcohol for at least 24 hours.

To reduce the risk of a blood clot, make sure you carefully follow the instructions of the breast cancer team if you have been given medication or need to wear special stockings.

You should be able to return to normal activities after 2 to 3 weeks. Wearing a soft bra that fits comfortably will help to relieve any discomfort.

Do not lift anything heavy or do strenuous exercise, such as vacuuming or ironing, for 3 weeks. You should be able to do a limited amount of activity, such as lifting young children, after about 2 weeks.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the breast cancer team or your GP for advice.

Do not drive until you can control your vehicle, including in an emergency, and you are comfortable wearing a seat belt. Always check your insurance policy and with the healthcare team.

Ask your breast cancer team if you need to do a Covid-19 test when you get home.

The future

The healthcare team will arrange for you to have an appointment with your surgeon within 3 weeks. The breast tissue and lymph nodes that your surgeon removed, will have been examined under a microscope. Your surgeon will tell you the results, may check on your wound, and discuss with you any treatment or follow-up you need. They will also be able to tell you when you can return to work. In some cases, results are sent in a letter or email.

Once your wound has healed, your breast-care nurse will fit you with a more suitable, long-term

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prosthesis.

Summary

Surgery gives the best chance of you being free of early breast cancer. A mastectomy involves removing all your breast tissue. It usually involves removing some or most of the lymph nodes in your armpit, which helps your surgeon to decide on any further treatment.

Surgery is usually safe and effective but complications can happen. You need to know about them to help you to make an informed decision about surgery. Knowing about them will also help to detect and treat any problems early.

Sometimes there are research trials that you could choose to take part in. Your healthcare team will let you know if there is something you are suitable for and give you written information.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you.

This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.

Acknowledgements

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