

Operation Information

Simple Mastectomy

Introduction

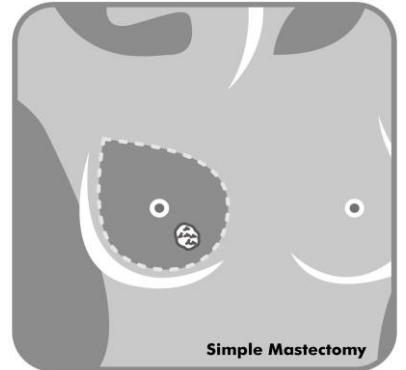
Simple Mastectomy is one of the operation options for breast cancer. The involved breast together with the nipple is removed.

Outcomes

The operation will remove all the breast tissue.

Procedures

1. The operation is performed under general anaesthesia;
2. An elliptical incision is made to include the nipple areolar complex and the skin overlying the primary tumour;
3. All the breast tissue is removed;
4. Tube drain(s) will be inserted;
5. Wound closed with suture or surgical staples/ clips.



Source:
Keshtgar M. & Stein R (2003). Patient Pictures: Breast Cancer. Oxford: Health Press Limited.

Possible Risks and Complications

1. Wound haematoma (may require another operation for removal)
2. Wound infection
3. Flap necrosis
4. Bleeding (may require re-operation to evacuate the blood clot)
5. Hypertrophic scar and keloid formation

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

Pre-operative Preparations

1. Good hygiene can prevent surgical wound infection. Therefore, we advise you to clean up yourself on the day of operation.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
4. Shaving on the operation site may be required.
5. Before your operation a doctor will mark the side you are to be operated on. Please do not washing off the marking.
6. Pre-medication may be necessary as doctor's prescription.
7. No food or drink six to eight hours before operation.
8. Please change into a surgical gown after removing all clothing including undergarments, dentures, jewellery and contact lenses.

9. Please empty your bladder before the operation.

Post-operative Instructions

General

1. After general anaesthesia, you may:
 - experience discomfort in the throat after tracheal intubation.
 - experience side effects of anesthesia includes feeling tired, drowsy, nausea or vomiting.Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.
3. You can usually go home few days after the operation.

Wound Care

1. After operation, the wound will be covered by a sterile dressing. A vacuum wound drain(s) may be present for drainage. Pay special attention to the drain during mobilization.
2. Nurse will empty the drain as per doctor's instruction.
3. If you feel well, bathing or showering is allowed. Please keep the wound clean and dry.

Diet

Usually normal diet may be resumed as instructed after recovery from anaesthesia.

Activities

1. The day after operation, you can get out of bed and commence the limb exercise (as according to your doctor's instruction). Our staff will instruct and reinforce the exercise as according to your progress. You can have pain killer half hour before exercise if necessary.
2. Early mobilization promotes rapid recovery.

Advices on Discharge

1. Please comply with medication regime as prescribed by your doctor.
2. Drainage: Nurse will teach you the drain care if you are discharged with the drain.
3. Activities: Resume your daily activities gradually and continue your limb exercise.
4. Prosthesis: Temporary prosthesis can be used in the first 6 weeks after operation. The permanent silicone prosthesis can be fitted when the wound healed completely.
5. Sexual Life: The wound will be healed in three to four weeks and sexual life can be resumed then. Female may have certain degree of psychological disturbance and you are encouraged to communicate with your partner and consult your doctor and nurse whenever necessary.
6. Immediately consult your doctor or return to hospital for professional attention in the event of increased pain or redness around the wounds, discharge from the wound, shivering, high fever over 38°C or 100°F, or any other unusual symptoms etc.
7. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification

