

Enhanced Recovery Programme: DIEP Breast Reconstruction

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This leaflet aims to help you understand the Enhanced Recovery Programme at Salisbury District Hospital and how you can play an active part in your recovery.

Our aim is to get you back to full health as quickly as possible after your operation. To achieve this, we need you to work with us.

This leaflet does not explain the DIEP breast reconstruction operation. You will have been given separate information about this.

If there is anything in this information sheet that you are not sure about, please do not hesitate to ask a member of staff or call the specialist nurses on the number below.

Before your operation

- You will need an up-to-date mammogram (within a year of your date for surgery).
- You may also need a CT Angiogram of your abdomen (your surgeon will discuss this with you)
- Please stop your tamoxifen 4 weeks before the date of your operation.

What will happen before I come into hospital?

At your pre-operative clinic appointment the nurse will explain the enhanced recovery programme to you (and your family if they are with you). The nurse will also discuss plans for your recovery at home and will make a full assessment of your health. You will be given plenty of opportunity to ask questions.

We like to see all patients in the pre-operative assessment clinic, even those women who live on the Isle of Wight. The pre-operative assessment plays an important part of your care here.

You will be admitted to hospital on the day of your operation. We do not recommend travelling long distances on the day of your operation and if you are coming from far away we suggest that you stay locally on the night before. We are unable to offer accommodation at this hospital for this night. See the Salisbury Tourist Office website for a list of local hotels and guest houses: www.visitwiltshire.co.uk.

It is important that you keep yourself warm on your way to the hospital.

If you have any concerns, please discuss them with the pre-operative nurse.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

How long can I expect to stay in hospital?

We anticipate that you will be discharged home around 4 days after your operation although some women go home earlier than this.

When you go home depends on your meeting a number of criteria (goals).

The discharge criteria

You can be discharged when you have met all of the following:

1. you are comfortable and pain well controlled
2. your wounds are healing well and there are no signs of infection
3. you are able to walk out to the toilet
4. you are eating and drinking well
5. you can get yourself dressed.

The day before your operation

You can eat normally until 6 hours before your operation. To help with wound healing you will be given a protein drink to have at around 10pm on the night before your operation.

The day of your operation

You can drink clear fluids (black tea or coffee, squash or water) up to 2 hours before your operation. You will be given two protein drinks to have at 6am (it is important that you drink these no later than this time).

What else do I need to know?

When you wake up after your operation you will have:

- a drip (small plastic tube into a vein in your arm) through which fluids can be given to keep you hydrated.
- a small plastic tube in your tummy wound through which local anaesthetic can be given.
- drains. At least 3 will be in place.
- a catheter to drain urine from your bladder. This allows us to monitor your fluid balance carefully.
- massaging leg boots to help prevent a blood clot in your legs. We call these SCUDS.

You will be reviewed at least once a day by our team of doctors.

As we have already said, the aim of the Enhanced Recovery Programme is to work with you towards achieving the discharge criteria. When the criteria have been met your surgeon will let you go home. At this time your drains may still be in place. We will tell you how to look after these and how to keep an eye on how much fluid is draining.

Please telephone us every day whilst the drains are in place to inform us of drainage.

We will contact a district nurse who will remove your drains or you may come back to the Outpatient department to have the drains removed.

When you go home

Please contact the hospital if you have any problems or concerns once you are at home. You will be given an appointment for a check-up after the operation.

Telephone numbers

Breast Reconstruction Nurses:	01722 336262 ext 3156
Odstock Ward	01722 336262 ext 3507
Plastic Outpatient Department	01722 336262 ext 3254
Plastic Dressing Clinic	01722 336262 ext 3254

Please use the space below to jot down any reminders of arrangements you need to make before you are admitted.