

Useful contact numbers:

Plastic Surgical Nurse Practitioner: **07901943767**

Monday to Friday 08:00-18:00

Plastic Trauma Co-ordinator: **01296 35000 (bleep 774)**

Or email: **Plastic.SurgeryElective@buckshealthcare.nhs.uk**

Out of hours: Plastics On-Call Doctor: **Bleep 524**

Ward 15 (SMH): **01296 416500**

Ward 16B (SMH): **01296 418110**

Ward 12A (WGH): **01494 426401**

Plastic Consultant Secretary: **01296 316639, 315119, 315117**

Plastic Surgery Department

Buckinghamshire Healthcare NHS Trust

Stoke Mandeville Hospital, Mandeville Road, Aylesbury

Buckinghamshire, HP21 8AL

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

Follow us on Twitter @buckshealthcare

Author: Zoë-Louise Avent

Issue date: July 2017

Review date: July 2019

Leaflet code: PLA-001

Version: 1.0

Buckinghamshire Healthcare



NHS Trust

Axillary and Groin Dissection

Discharge Information for
Patients

Patient Information Leaflet

If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

Going home following an Axillary or Groin Dissection

Going home after surgery is difficult but hopefully this information will help you with your recovery and managing possible complications. On arrival at home the following points are important:

Lifting

You are advised not to do any lifting for 1 to 2 months. No lifting means: No heavy housework (e.g. vacuuming); No lifting children; No carrying heavy shopping or washing baskets.

Sleeping

You should sleep at 45 degrees and keep your arm(s) elevated on pillows.

Deep Vein Thrombosis (DVT) Prophylaxis

You should continue to wear your 'Thrombo Embolic Deterrent' (TED) stockings until review in clinic by your Consultant.

Driving

You should not drive until you are moving easily (4 weeks post-op). If you drive while stiff and sore it will affect your reaction time. You may find that your insurance is also affected after your surgery until you are deemed fit by your Doctor. Check with your insurance company before driving.

Pain Relief

Take pain relief as instructed and necessary. Do not take aspirin based tablets as this may encourage bleeding. Patients prescribed aspirin should continue this as usual.

Returning to Work

After discharge you may need to take 1-3 months off work. This will depend on what your Consultant has recommended and what your job is. If you require a certificate for your employer/work please ask before going home.

Wound Care

Going home with your drains

On discharge from hospital you may go home with some of your drains. The ward nurses will have explained how to monitor these when you are at home. You will be given an appointment to attend for a drain check every 48-72hrs post discharge until your drains are all removed.

Complications

Infection

It is essential that you are aware of signs and symptoms which may indicate infection. Infections can occur at any point after surgery. Signs and symptoms of infection to be aware of are:

- Redness/inflammation to incision sites that is spreading
- Excessive oozing on dressings
- Offensive smell from dressings
- Increased pain in the area that has been operated on that is not relieved by pain relief
- Increased swelling to the operated area
- Temperature – flu like symptoms, feeling hot and cold or shivering.

Seroma

Sometimes fluid can collect in the wound and this is called a seroma. If this happens, the fluid may be re-absorbed by your body. If there is a lot of fluid it may need to be drained.

If you are worried that you may have an infection or any other complication, you must contact the Plastic Surgical Nurse Practitioner or the On-Call Plastic Doctor or the ward you were discharged from.

If you are unable to get the assistance needed, please attend the Emergency Department at Stoke Mandeville Hospital.