

Useful contact numbers:

Plastic Surgical Nurse Practitioner: **07901943767**

Plastic Trauma Co-ordinator: **01296 315000 (bleep 774)**

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

Out of hours: Plastics On-Call Doctor: **01296 315000 (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.

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Buckinghamshire Healthcare



NHS Trust

Implant based breast reconstruction

Patient Information Leaflet

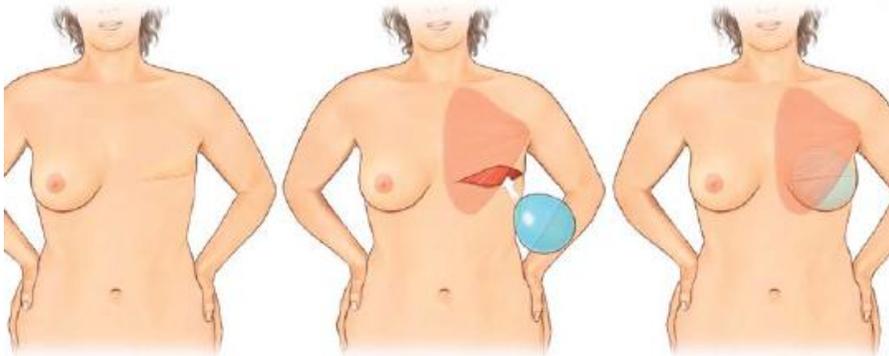
If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

Reconstruction using only an implant

If your breast is reconstructed using an implant on its own, a silicone prosthesis is inserted under skin and muscle of the chest to replace the volume of breast tissue that was removed at the time of your mastectomy. This is a simple operation that does not involve scars elsewhere on your body.



Occasionally your Consultant may feel a two stage procedure is needed to provide the correct cosmetic effect to give you symmetrisation of both breasts.

First Procedure

To stretch the tissue to allow an implant of the correct size to be inserted. An 'Expander-Prosthesis' is used to allow the volume of the implant adjusted by injections of salt water (saline). Expanding this implant, is usually done in your follow up outpatient clinic.

Second Procedure

Once your tissue is stretched to the correct volume we will agree an appointment for you to have the expander exchanged to a silicone implant.

Considerations

Look and Feel: It can be difficult to get a natural breast shape with an implant alone and so these kinds of reconstructions are best for women with relatively small breasts or if you have had a bilateral mastectomy.

Matching: Many women undergoing an implant based reconstruction will need to have the other breast adjusted to improve the shape and size match.

Potential Problems: Implants are prone to hardening (implant capsule formation) especially in patients who have undergone radiotherapy, deflation, visible folds and creases.

After your implant reconstruction

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.

If you are worried that you may have an infection or any other complication you must contact the 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.