

Breast Surgery Discharge Information Checklist

Aintree University Hospital 

NHS Foundation Trust

Department of Breast Surgery
Lower Lane
Liverpool L9 7AL
Tel:0151-529-0158

Patient ID: _____

Date: _____

You have recently been discharged from hospital following:

Your next hospital appointment at the **Breast Unit** will be on:

Please bring your patient file with you.

Your Breast Specialist Nurse is:

Wound care

- Thin pieces of tape (steri-strips) are used to cover and support your wounds. These should be kept dry if possible and not removed for 10 days.
- This will give you the best possible scar. Do not worry if they are a little dirty or have some dry blood on, underneath the tissues will be healing in the best environment. If you have any concerns with your wounds, contact any of the above numbers.

Drain Care

The Breast Link Nurse Specialist or District Nurse will visit _____

If your drain leaks or falls out- please:

- **do not panic**
- **Do Not attend A&E or contact your GP, this is not an emergency.**
- Place the dressing provided (in your dressing pack) over the drain site as advised and a Nurse will visit the following day.

Seroma

Sometimes, after the removal of your drain, a pocket of fluid called a seroma can collect under your chest wall or arm. If this happens, this is normal.

Contact your Breast Care Nurse, who will arrange for you to have it drained if needed. It is a very simple procedure, and you will not have to stay in hospital afterwards.

- **Free prescriptions-** Following your cancer diagnosis, you are eligible for free prescriptions. The FP29A form will be available from you GP.
- **Free car parking-** For all cancer related hospital appointments.
- **Aintree Retreat** (pamper day) is held every Tuesday for patients receiving treatment (ask your breast specialist nurse for booking and further details).
- **Support Groups-** The Sunshine support group is held by the Breast Nurse Specialist Team alternate months (evenings).

This service provides support for patients who have had a breast cancer diagnosis, opportunity to meet new people.

Regular social events are organised throughout the year, guest speakers such as holistic therapists, surgeons, specialist post-surgery lingerie consultants.

We appreciate that this is a very difficult time for you and your family.

If you feel as though you are not coping with your recent diagnosis, please contact the

Breast Specialist Nurse Team for support.

Telephone: 0151 529 4082 Monday-Friday 09:00-17:00 (24 hour answer phone)

Discharging Nurse
Signature: _____
Date: _____

Patient Signature: _____
Date: _____

Support Organizations

The Sunshine Support Group

Marina Dalglish (5th floor)
Aintree University Hospital
Telephone: 0151 529 4082

The Larks

93-97 Silvester Street
Liverpool, Merseyside, L5 8SF Telephone:
0151 207 1343

Sunflowers

21 Aigburth Rd Liverpool, Merseyside L17
4JR
Telephone: 0151 726 8934
www.liverpoolsunflowers.com

Lyndale Knowsley Cancer Support

40 Huyton Lane, Huyton,
Liverpool, L36 7XG.
Telephone: 0151 489 3538
www.lyndalecancersupport.co.uk

Sefton Cancer Support Group

1 Duke Street, Formby, Merseyside. L37
4AL
Telephone: 01704 876613 (24 hour service)

Online support

www.macmillan.org.uk/supportgroups

www.breastcancercare.co.uk



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please:

0151 529 8564
listening@aintree.nhs.uk

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