

Service: Plastic Surgery

Bristol Plastic Surgery Breast Reconstruction Referral



Ask 3 Questions

Preparation for your Appointments

We want you to be active in your healthcare. By telling us what is important to you and asking questions you can help with this. The three questions below may be useful:

What are my treatment **options**?

What are the possible **benefits** and **risks** of those options?

What help do I need to make **my decision**?

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This booklet gives you information on preparing for meeting the breast reconstruction team. References and sources of further information, including contact details, are available at the end of the booklet.

We hope this answers any questions you may have and helps prepare you for your appointments. If there are any changes in your health between being referred and your appointment please telephone the breast reconstruction team.

You have been referred to the plastic surgery department to discuss breast reconstruction surgery.

Why do I need to see a different surgeon?

The plastic and breast surgeons work closely together to treat patients with breast cancer and afterwards. Some types of breast reconstruction are only undertaken by the plastic surgeons. Therefore, you will need to see a plastic surgeon to discuss all your reconstructive options further. Your breast surgeon has assessed your suitability at your initial appointment and thinks you may meet the criteria for one of these specialised types of breast reconstructions, hence the referral to the plastic surgeon.

What will happen at my appointment?

The plastic surgeon will ask you about your medical history. This will include questions such as:

- Medical, surgical, and family history.
- Current medications you are taking, including over-the-counter drugs and any herbal supplements.
- Allergies.
- Smoking/Vaping and alcohol intake.
- Your weight and height will be taken to calculate your body mass index (BMI).

****it is helpful if you bring a list of your medications and dates of surgery to this appointment****

The plastic surgeon will then discuss your wishes and expectations regarding breast reconstruction. Following this discussion the plastic surgeon will need to examine your body. This will include examining your breasts, abdomen, back and inner thighs, hence you will be required to undress for this part of the procedure. A chaperone will be present.

Once the examination is completed the plastic surgeon will then discuss your breast reconstruction options. This will include talking about the benefits and potential risks of the surgery. When you have finished talking to the surgeon one of the breast reconstruction nurses will give you some written information together with their contact details. This appointment will take approximately one hour.

When will I have my appointment?

If you are being referred for a simultaneous mastectomy and reconstruction ('immediate' reconstruction) your appointment will be in the next couple of weeks. If you have already had a mastectomy and are being referred for a 'delayed' reconstruction your appointment will be in the next few months.

Who will I meet?

The plastic surgeons specialising in breast reconstruction are Mr Sherif Wilson, Miss Philippa Jackson and Mr Guirgis Awad. They each perform all types of breast reconstruction and work together as a team. You will also meet Caroline Oates and Caroline Lewis – the breast reconstruction nurses.

Where will the appointment be?

The Plastic Surgery out-patient department is at Gate 24, Level one in the Brunel Building.

What will happen next?

We will be in touch with a time and date for you to meet the plastic surgeon. You do not need to do anything else at this stage. If you would like to do some research please visit:

www.nbt.nhs.uk/our-services/a-z-services/breast-reconstruction.

How are decisions made on NHS funding for surgery?

Clinical Commissioning Groups (CCGs) commission most of the hospital and community NHS services in the local areas which they are responsible for. Commissioning involves deciding what services are needed and ensuring that they are provided. Not all treatments and medications are routinely funded on the NHS. This is because:

1. The effectiveness of certain procedures and medications can vary significantly amongst patients
2. Not everything that people might want can be afforded. This means difficult decisions sometimes need to be made about what should be provided by the NHS.

The new breast reconstruction policy (2018) has been introduced by the CCG. It stipulates that we can only undertake breast reconstruction five years from your breast cancer diagnosis and seven years from an inflammatory breast cancer diagnosis. So if your breast cancer was over five years ago you will need to ask your GP or breast surgeon to apply for funding for us to treat you from the CCG.

Once you have had your first breast reconstruction operation we have two years to complete your treatment and a further two years to complete treatment and another two if surgery is required.

Useful contact details

NHS North Bristol, Somerset and South Gloucestershire CCG

Individual Funding Request Team

South Plaza

Malborough Street

Bristol

BS1 3NX

Email: ifrbristol@nhs.net

Tel: 0117 900 2392

Websites:

Female:

www.bristolccg.nhs.uk/innf/breast-surgeryfemale/

Male:

www.bristolccg.nhs.uk/innf/breast-reductiongynaecomastia-male/

Understanding my priorities prior to undergoing breast reconstruction.

A form on the next page will be used as a tool to support discussions during your consultation with the Breast Reconstruction Team. Please take the time to complete this before you meet the Breast Reconstruction Team.

The aim of this form is to help us to understand your priorities prior to undergoing breast reconstruction. This form will be used as a tool to support discussions during your consultation with the Breast Reconstruction Team.

Before surgery Your rating	Before surgery surgeon rating	After surgery Your rating
On a scale of 0-10 (0 = not at all; 10 extremely) How important is this to you?	On a scale of 0-10 (0 = not at all; 10 completely) To what extent do you think this will be achieved.	(0 = not at all; 10 completely) To what extent has this been achieved?

On a scale of 0-10
(0= not at all important and 10 = very important). Please rate

When thinking of breast reconstruction I would like to achieve the following goals. Some examples might include: To look good in a bra 9/10, to maintain my weight 8/10.	
List of goals (you may have just one, or several goals)	Pre-operative (your rating) /10
1.	
2.	
3.	
4.	
5.	

When thinking of breast reconstruction I would like to achieve the following goals. Some examples might include; to attend my daughter's wedding in Australia next year wearing the clothes that I want to wear 6/10.	
List of goals (you may have just one, or several goals)	Pre-operative (your rating) /10
1.	
2.	
3.	
4.	
5.	

-10

How important the following goals are to you.

**These surgical goals:
Maintain my current cup size bra 7/10.**

	Pre-operative (surgeon rating) /10	Post-operative (your rating) /10	Post-operative (surgeon rating) /10

**These psychosocial (lifestyle) goals. Some examples might
10/10, to continue playing sport 8/10, confidence to continue**

	Pre-operative (surgeon rating) /10	Post-operative (your rating) /10	Post-operative (surgeon rating) /10

**PATIENT
APPROVED** 

How to contact us:

 **Breast Reconstruction Nurse Practitioner**
Caroline Oates
Email: caroline.oates@nbt.nhs.uk

Breast Reconstruction Nurse
Caroline Lewis
Tel: 0117 414 8700 or 0117 950 5050 bleep:1698
Email: caroline.lewis@nbt.nhs.uk

Plastic surgery Breast reconstruction team
Plasticsurgerybreastreconstructionteam@nbt.nhs.uk

Andrea Thompson waiting list coordinator
Email: Andrea.Thompson@nbt.nhs.uk
Phone number: 0117 414 7626

Secretary
Wendy Rodman Tel: 0117 414 7633

**Southmead Charitable Fund for
breast reconstruction**
Code 1009 for donations
Naila Hussain ext: 43679



www.nbt.nhs.uk/

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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Hospital Charity**

southmeadhospitalcharity.org.uk

Southmead Hospital Charity raises funds for departments and wards throughout the Trust, meaning you can support an area close to your heart