



Queen Victoria Hospital
NHS Foundation Trust

Important information for breast surgery patients



Those patients taking the drug Tamoxifen having either a Deep Inferior Epigastric Perforator (DIEP) flap, Muscle Sparing Transverse Rectus Abdominis Muscle (MS-TRAM) flap or Transverse Upper Gracilis (TUG), L shaped Upper Gracilis (LUG), Diagonal Upper Gracilis (DUG) flap must **stop this 4 weeks before their surgery and recommence 2 weeks post operation.**

There is no need to stop this drug if you are having an Latissimus dorsi (LD) or tissue expander/implant reconstruction.

If you are taking letrozole (Femara®), exemestane (Aromasin®), or anastrozole (Arimidex®) you do not need to stop these.

Owing to the slight increased risk of blood clots in either the legs (Deep Vein Thrombosis or DVT) or lungs (Pulmonary Embolism or PE) we will provide a prescription of dalteparin (blood thinning injections) to patients undergoing reconstruction using their abdomen or thigh. You will be given this in pre-assessment clinic and nurses will explain how to give the injections. You will be instructed to self-administer an injection the night before your surgery & then for **7 days after your discharge.** You will also be asked to wear your anti-embolism stockings for **3 weeks** after surgery.

Bras (for all types of breast surgery)–

- 2 -3 bras required
- To be worn for 6-8 weeks; 23hrs a day
- Soft/Supportive
- Non-wired & non-padded
- Front fastening preferably (M&S®, Macom®, Lipoelastic®-other brands are available)
- Can use mastectomy bras or breast feeding/nursing bras with clips on the shoulder
- If using a back fastening bra please bring 2-3 bra extenders with you to increase the size of the bra around the chest to allow for swelling

DIEP/ MS-TRAM / Bipedicled DIEP (abdominal flap reconstructions)-

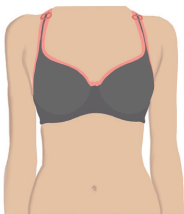
Abdominal control knickers / 'shapewear'
(Lycra® Spanx® - other brands are available.)

- To be worn for 6-8 weeks, 23hrs a day
- 2-3 pairs
- High-Waisted
- Medium support/control
- May need to be a size larger than current underwear size
- Can wear usual cotton knickers underneath

TUG/LUG/DUG (thigh reconstruction)-

Cycling shorts or equivalent 'shapewear' shorts or leggings.

- To be worn for 6-8 weeks; 23hrs a day
- 2-3 pairs
- Medium support
- May need to be a size larger than current underwear size
- Can wear usual cotton knickers underneath



Bra



Bra extenders



Body
Shaper
knickers



Cycling
shorts



Leggings

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Breast Care

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