

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services. www.bartshealth.nhs.uk/pals

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

Te informacje mogą zostać na żądanie przedstawione w formatach alternatywnych, takich jak łatwy do czytania lub duża czcionka, i w różnych językach. Prosimy o kontakt pod numerem 02082238934.

Macluumaadkan waxaa lagu heli karaa qaabab kale, sida akhriska fudud ama daabacaadda wayn, oo waxaa lagu heli karaa luqaddo kale, marka la codsado. Fadlan la xidhiidh 02082238934.

এই তথ্য বিকল্প ফরম্যাটে, যেমন সহজে পড়া যায় অথবা বড় বিন্ট প্রিন্ট আপনার অনুমতিতে বিকল্প ভাষায় পাওয়া যেতে পারে। অনুগ্রহপূর্বক যোগাযোগ করুন 02082238934।

Bu bilgiler, okuması kolay veya büyük baskılar gibi alternatif biçimlerde ve talep üzerine alternatif dillerde de sunulabilir. İrtibat için lütfen 02082238934 numaralı telefondan ulaşın.

اس معلومات کو متبادل شکل، جیسے، پڑھنے میں آسان یا بڑے حروف، میں دستیاب کرایا جا سکتا ہے، اور درخواست کرنے پر اسے متبادل زبان میں بھی دستیاب کرایا جا سکتا ہے۔ براہ مہربانی 02082238934 پر رابطہ کریں۔

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Switchboard: 020 3416 5000

www.bartshealth.nhs.uk

Patient information

Having plastic surgery at Barts Health

It is important that you read and understand the information contained in this leaflet before you sign a consent form

Department of Plastic Surgery

2nd Floor John Harrison House

Royal London Hospital

London E1 1BB

020 3594 7192 or 020 3594 7195



Introduction

You have been given this booklet because it has been suggested that you have plastic surgery. Each year Barts Health carries out many types of plastic surgery and this booklet tells you what's involved. You will receive more detailed information about the operation that has been suggested for you at a pre-admission clinic appointment. Please ask the plastic surgeon any questions that you like. It is important that you know exactly what is involved, including the risks and benefits, so that you can make an information decision about whether to go ahead with plastic surgery.

Please note that it is very important that you keep any pre-admission appointments and also those made for you after your operation.

The Department of Plastic Surgery will try to make your hospital stay as pleasant as possible. If you have any queries after reading this booklet please do not hesitate to ask a member of staff for more information.

The risks of plastic surgery

As with any operation, there is a small risk of infection and other complications.

Bleeding

This is normal during any surgical procedure and complications only occur if bleeding is severe. Bleeding after an operation can lead to a haematoma, a blood clot in the tissues, which would have to be removed during another occasion.

Deep vein thrombosis (DVT)

This is a blood clot in the large veins, particularly of the leg.

Follow up appointment

Before you leave you will be given appointments to come back to the Plastic Dressing Clinic at the Royal London Hospital. In the clinic dressings can be changed or removed and the healing of your wounds assessed. It may be possible to arrange a district nurse to come to your home to change dressings.

You should receive a letter in the post giving you a follow up appointment with the plastic surgeon to see how your wounds have settled. If you do not receive this letter within 10 days of your discharge, or you wish to change your appointment please contact the Central Appointments office through the main switchboard.

Contact numbers

Ward 12C 020 359 41210

Ward 3D 020 359 41320

Lead Nurse for Plastic Surgery

Daren Edwards – 020 7377 7000 Ext 46031 / bleep 1194

Daren.edwards@bartshealth.nhs.uk

Clinical Nurse Specialist

Siobhan Moriarty – 07709134148 / bleep 1022

Siobhan.moriarty@bartshealth.nhs.uk

confirm that you understand agree to your operation. It is your right to have a copy of this consent form so please for one if you would like it.

Ward staff will undertake checks such as your temperature, pulse, blood pressure, height and weight. An anaesthetist will visit you to discuss your anaesthetic.

The day of the operation

You will be asked to have a bath or shower before on the day of your operation. To help reduce the spread of infection we will ask you to remove any jewellery, make up and nail varnish before your surgery. Wedding rings can be taped into place unless you are having an operation on your hand when all rings will have to be removed.

After surgery

Staff will monitor you in the recovery area of theatre until it is clinically safe for you to return to the ward. When you are back please tell the staff if you are in pain or feel sick after your operation. They can give you tablets or injections to help you remain as comfortable as possible.

Leaving hospital

You may be given medicines to take home with you such as painkillers and antibiotics. The ward staff will explain to you how and when you should take them. Please follow instructions as closely as possible.

You will need to make arrangements with friends or family to collect you from hospital: hospital transport is only available in special circumstances. If you have a general anaesthetic you must arrange for someone to stay with you on your first night home.

Patients who have liposuction in their legs have a higher risk of developing a DVT.

A DVT is more likely to happen if you are not mobile soon after your operation, or have restricted movement. Do not stay in one position for too long during your recovery and flex your feet often to reduce the risk of a DVT. You may be given injections to help prevent a clot occurring and elastic stockings to wear before and after your operation.

Infections

Infection is always a risk after an operation but antibiotics considerably reduces the likelihood of infection. People who smoke, take steroids, or have certain vascular conditions are at greater risk.

Chest Infection

After a general anaesthetic there is a risk of chest infection. You can reduce the risk by taking regular deep breaths following surgery and getting up and sitting out of bed as soon as you are well enough.

During your stay in hospital

The doctors and nurses on the ward will continue to care for you until you are ready to go home. The plastic surgeons do a ward round every morning and you will be given all the information you need about the recovery process.

Please try to limit your visitors to two at a time as other patients may be very ill and find a large number of visitors disturb them. Some of our wards have special visiting times and staff will let you know what these are.

Your friends and relatives are welcome to make telephone enquiries

about you but nursing staff are only allowed to give out information to close relatives. Telephone calls to the ward should be coordinated through one family member if possible.

Health conditions that increase risks of surgery

- Diabetes
- High blood pressure
- Obesity
- Asthma or other lung conditions
- Increased intake of alcohol

Any health problems that you have should be discussed openly with the plastic surgeons before your operation so that sensible decisions can be reached regarding your surgery. If you are overweight you may have to reduce your weight before you can be given an operation date. You will probably be referred back to your GP for advice on losing weight, and then you will be able to come back to the pre-admission clinic at a later date.

Smoking

Smokers who choose to have surgery must stop for at least two weeks before surgery, or better still give up permanently. You will also be asked to stop smoking for at least two weeks after your surgery to allow your wounds to heal properly and to aid your recovery. If you continue to smoke you are more likely to suffer from infection, wound breakdown, skin breakdown and wound infection. It will be documented in your notes that you smoke.

The pre-admission clinic

You will be given an appointment to attend our preadmission clinic before you have your operation. At the clinic you will be given information about the operation and how long you will be expected to stay in hospital. This is your opportunity to ask questions. Most plastic surgery is successful, but it is important that you have

realistic expectations and that you understand the potential risks.

You should bring to the clinic any medication that you are taking at the moment. The plastic surgeon will need to hear your medical history and you should tell him or her if you are under the care of other doctors, or if you are awaiting test results from another clinic or hospital.

When you relate your medical history include:

- Medicines that you are taking including aspirin and vitamins
- Hormones such as oral contraceptives and oestrogen replacement
- Herbal medications, for example like St John's Wort.

You may need various medical tests before your operation to ensure that you are fit for surgery. These tests are usually performed in the pre-admission clinic, but may sometimes be carried out on the ward. They include taking a sample of your blood, a chest x-ray, and an ECG (heart recording). If you are taking warfarin tablets you may be asked to stop taking them three days before your operation.

Admission to hospital

Barts Health NHS Trust accepts no responsibility for items lost or stolen on hospital property and you are strongly advised not to bring in any valuables, credit cards or large sums of money. You will be asked to sign a disclaimer for any valuables you do bring into hospital.

You will usually be admitted to the ward on the same day as your operation. One of the ward nurses will settle you in and go through your admission details. You will be asked to sign a consent form to