



Procedure Information Sheet

Introduction

Simple mastectomy is one of the operative treatments for breast cancer. It involves removal of the entire breast and nipple-areolar complex. Pectoralis muscle will be preserved.

Indication

- Breast Cancer
- Phyllodes Tumour

The Operation / Procedure

1. The operation is performed under general anaesthesia.
2. The entire breast and nipple-areolar complex will be removed.

Before the Operation / Procedure

1. Remove jewellery, piercings and nail varnish before coming to the hospital. Leave all your valuables at home.
2. Please bring with you comfortable, loose-fitting clothing, personal toiletries and a pair of non-slip slippers/footwear.
3. Please follow your doctor's instructions on the time and date for admission. Routine pre-operative assessment such as blood tests, CXR, ECG, urinalysis may be needed. The "Consent for Procedure" will be signed.
4. Your anaesthetist will perform pre-anaesthetic assessment and explain to you about your general anaesthesia. The "Consent for Anaesthesia" will be signed.
5. Skin preparation: shower or bathe and wash your hair before your surgery.
6. You will change into a gown before going to the operating room. Remove all your undergarments and dentures and empty your bladder.

After the Operation / Procedure

1. After the surgery, you will be under close observation.
2. After general anaesthesia, you may experience discomfort in the throat after tracheal intubation. Deep breathing exercises help keep your lungs fully expanded and clear of mucous. Early and frequent ambulation will prevent blood clots in your legs.
3. You may experience nausea or pain after the surgery. Medications will be prescribed by your doctor based on your individual needs.
4. Leave your dressings intact. Your dressings will be changed as directed by your doctor. Inform your nurse if you notice any abnormality from the wounds.
5. A drain will be placed during surgery. It will be removed by your doctor when drain volumes are low enough.
6. If necessary, your nurse will teach you how to take care of the drain at home.
7. Diet can be gradually resumed according to your doctor's instructions.
8. You may resume normal activities as tolerated but avoid any heavy lifting or vigorous, repetitive exercise. You can see a physiotherapist for advice if necessary.
9. You may experience reduced sensation or tingling and numbness over the operated sites. This will usually subside in the months following your operation but sometimes can be permanent.
10. You may be fitted with a lightweight breast shape to wear inside your bra in the first few weeks. Wear a supportive non-wired bra when your wounds have healed and all drains have been removed. You will usually be fitted with a longer-term prosthesis and given advice on bra fitting 6 to 8 weeks after the operation.

Patient's Label

Patient Name: _____
Hospital No: _____
Episode No: _____



11. Attend your doctor's follow-up appointment as scheduled.
12. You can resume sexual activities when you have fully recovered from your surgery. You might find it helpful to share your feelings with your partner or another family member or friend.

Risk and Complication

1. Wound pain
2. Wound infection
3. Haematoma / seroma (may need re-operation for clot evacuation or aspiration)
4. Numbness and tingling sensation over the operative side
5. Hypertrophic scar and keloid formation may result in unsightly scar
6. Skin flap necrosis

Alternative Treatment / Investigation

1. Modified Radical Mastectomy
2. Breast Conserving Surgery + Sentinel Lymph Node Biopsy +/- Axillary Lymph Node Dissection

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

1. Smart Patient Website by Hospital Authority: Simple Mastectomy (2020)
2. Specialty Advisory Group (Breast) by Hospital Authority: Simple Mastectomy (2021)

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Patient Name: _____
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Patient's Signature: _____ Date: _____