

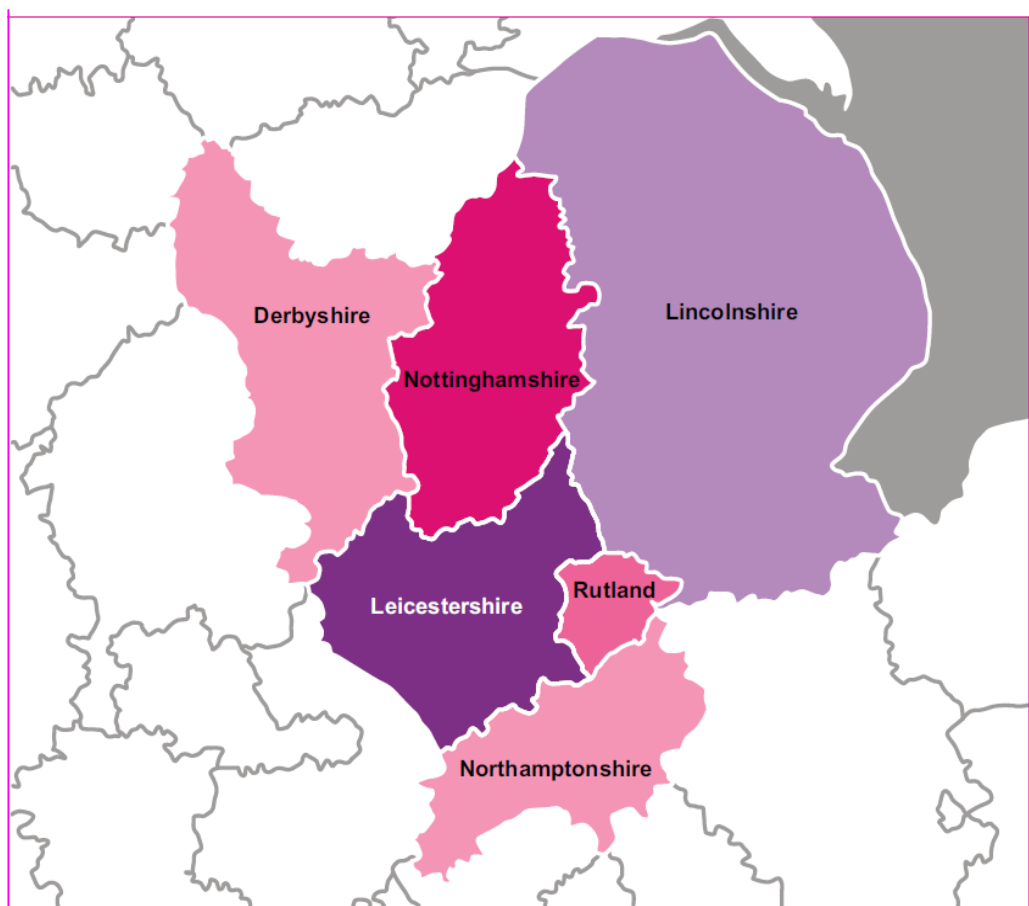
Useful information after your operation for sarcoma

Information for patients

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East Midlands
Sarcoma Service

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or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
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Introduction

This leaflet gives general advice following your operation. However, all operations are different and you should always listen to the advice of your surgeon, nurse and physiotherapist.

Following surgery, we hope that you recover well. However, there are some side effects that may occur following your operation.

Short-term side effects

These are side effects which may happen in the days and weeks after your operation.

Pain

You may have some pain after your operation. This should be controlled by taking regular painkillers. It is important that your pain is controlled so that you can move around and do your exercises to help your recovery. If this is not the case, your GP or specialist nurse will be able to advise you.

Infection

It is important to check your wound for any signs of infection, such as heat, redness, swelling, pain or discharge. You may also have a temperature or feel generally unwell. If you feel that you may have an infection, it is essential that you contact the Dressings Clinic or a member of the sarcoma team as you may require antibiotics.

Wound problems

In some cases, wounds may be slow to heal and you may need regular appointments at the Dressings Clinic for some time. This is more common if you have had radiotherapy as it affects the way tissues heal.

Numbness/changes in sensation

It is common to have changes in sensation or numbness around the wound or other areas. This may improve with time but in some cases it can be permanent, due to the nerves being affected during surgery.

Seroma

A seroma is a pocket of fluid that sometimes develops after an operation. You may have a drain or a suction machine ('Vac') to try to prevent this. Once the drain is removed, a seroma may still form. This is usually reabsorbed by the body but occasionally it may need to be drained. If you feel you have developed a seroma, speak to the Dressings Clinic or your physiotherapist or nurse.

Long-term side effects

These are side effects which happen in the weeks and months after your operation.

Lymphoedema

Some operations can increase your risk of developing lymphoedema, which is swelling caused by a build-up of lymph fluid. It can occur weeks, months or even years after surgery. If you notice swelling that does not improve, speak to your consultant, GP or physiotherapist as you may require referral to a lymphoedema service. There are things you can do to try to help prevent it:

- ⇒ Try to exercise the limb regularly
- ⇒ Moisturise regularly using an unperfumed moisturising cream. Apply the moisturiser in upwards strokes (towards the heart) so that you encourage the fluid to go back into your circulating system.
- ⇒ Try to avoid cuts or grazes, injections or sunburn to the 'at risk' limb

Ask your specialist nurse, physiotherapist or GP for further information.

Scars

Scar tissue is produced naturally by the body during healing. At first the scar may be quite raised, uneven, bumpy or sore to touch but this should improve over time. Your Dressings Clinic or practice nurse will tell you when you can start to massage your scar regularly with moisturising cream to help the scar to heal and feel more comfortable.

Other effects

In many cases, sarcoma surgery will have an effect on your day-to-day activities. This is usually short term but some people may need additional support on discharge. Sometimes these changes can affect you for longer. We will try to prepare you before surgery for any problems you may face but this can be difficult to predict. Your specialist nurse and physiotherapist are available to help support you through these changes and the impact it may have on you and your loved ones.

If you have any other concerns, please speak to a member of the sarcoma team.

Useful contact numbers

Nottingham City Hospital:

Burns Dressings Clinic: 0115 969 1169	Extension 76405
Burns Unit: 0115 969 1169	Extension 76403
Gillies Dressings Clinic: 0115 969 1169	Extension 76735
Harvey 2 ward: 0115 969 1169	Extension: 76672

Further information**Sarcoma UK**

Support Line:

0808 801 0401

Website:

www.sarcoma.org.uk**Cancer Research UK**

Telephone:

0808 800 4040

Website:

www.cancerresearchuk.org**Macmillan Cancer Support**

Telephone:

0808 808 00 00

Website:

www.macmillan.org.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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