

Yorkshire Regional Soft Tissue Sarcoma Service

# Surgery for soft tissue sarcoma

Information for patients



Leeds Cancer  
Centre

You have been advised to have an operation for your soft tissue sarcoma. This leaflet aims to help you and your family understand more about your treatment.

It will be given to you in addition to the information you will receive from your consultant and his/her team who will be caring for you during your treatment. The healthcare team looking after you will explain your treatment and the side-effects in detail. If you hear any words or phrases that you do not understand, please ask your doctor or a member of your healthcare team what it means. It does not matter how many times you ask.

## **Surgical Pre-Assessment**

If you are having a general anaesthetic, you will need to attend for a pre-assessment prior to your surgery. This enables the anaesthetist to be aware of any medical conditions you have or any medications that you take. You'll be asked questions about your health, your medical history and your home circumstances. They may undertake investigations such as MRSA screening, blood tests, ECG's and blood pressure as required.

Surgical Pre-assessment is located at the LGI on B floor of Brotherton Wing. The department will contact you with an appointment. This may be on the same day as your clinic appointment.

## Day of Surgery

Usually you will be admitted to Ward L27 at the LGI on the day of your surgery. This is a surgical admissions ward only, and you will then be moved to Ward L22 for recovery after your surgery. You will be seen by a member of the surgical team and nursing staff before going to the operating theatre.



You will be given an arrival time to come to the ward. This allows the team to undertake all admission and assessment requirements to make sure you are prepared for surgery. Most operating lists last all day, and you may have to wait for your slot on the day's theatre schedule.

When you see the surgeons in your outpatient appointment, they will explain the operation to you, including any potential complications and any post-operative rehabilitation you may need e.g. physiotherapy. You will also be given an estimate on how long you will remain on the ward for.

Your surgery will be performed either under local anaesthetic or general anaesthetic. A local anaesthetic involves a series of small injections under the skin that cause the area to go numb. You will therefore be awake during your surgery and can often go home the same day.

Having a general anaesthetic means that you are put to sleep throughout your surgery. You must be fasted in preparation for a general anaesthetic - therefore please remain nil by mouth as instructed in your admission letter. Some people are able to go home the same day after a general anaesthetic, but you may be required to stay in hospital, depending on the nature of your surgery.

### **What to expect following surgery**

You will have a wound to your skin that will have a dressing over it for protection. This will be monitored by the nurses on the ward. The site of your surgery may be mildly uncomfortable but you should not have any significant pain. Painkillers are available immediately after surgery and you will be discharged home with adequate pain relief.

You may have a surgical drain inserted during your operation. The drain helps to draw excess fluid away from the surgical site. The drain will remain in place and will be monitored by the nurses until the fluid output is low enough to remove. The drain will be removed on the ward before discharge, unless the consultant requires otherwise.

### **Moving again after surgery**

It is important to start moving (mobilising) again gently after your surgery. The ward nurses and physiotherapists will advise you when it is safe to first get out of bed after your operation.

You may require input from physiotherapists on the ward, who can assist you to mobilise. You may require aids such as crutches, which the physiotherapists will provide if needed.

The physiotherapists will also give you exercises to help you to recover and regain strength.

## **Follow up after discharge**

After you have been discharged home, you will be seen in the Plastics Dressing Clinic. This appointment will usually be a Tuesday morning soon after you are discharged. The Consultant led Plastics Dressing Clinic team will monitor your wound and change any dressings that you have been sent home with. You will be seen regularly until your wound is healed. You will also be seen at this point by the physiotherapists.

## **Problems after your surgery**

If you have concerns about your wound after your surgery, please contact the Plastics Dressings Clinic between the hours of 8am-5pm, otherwise contact ward L22. You can also contact your Sarcoma Clinical Nurse Specialist for advice.

# Contacts

Surgical Pre-Assessment	0113 392 5358.
Ward L22	0113 392 7410
Plastics Dressings Clinic	0113 392 3628
Mr Smith's Secretary	0113 392 2939
Sarcoma Clinical Nurse Specialists	0113 206 8966
Sarcoma Physiotherapists	0113 206 8117

# Notes

## Leeds Cancer Support

Leeds Cancer Support complements care provided by your clinical team. We offer access to information and a wide range of support, in a welcoming environment for you, your family and friends.

We can be found in the information lounges in Bexley Wing and also in the purpose built Sir Robert Ogden Macmillan Centre.

### *Contact numbers for Leeds Cancer Support:*

#### **Information Lounge Level -2 Radiotherapy Department**

Open from 8.30am - 6.00pm Tel: **(0113) 206 7603**

#### **Information Centre Level 1 Outpatients Department**

Open from 10.00am - 4.00pm. Tel: **(0113) 206 8816**

#### **Sir Robert Ogden Macmillan Centre**

Open from 10.00am - 4.00pm. Tel: **(0113) 206 6498**

### *All the above services can be emailed on:*

**leedsth-tr.Cancersupport@nhs.net**

## Macmillan Cancer Support

Freephone **0808 808 00 00**, 9am to 6pm Monday to Friday

A textphone service is available for deaf and hard of hearing people on **108001 0808 808 0000**.

website: **www.macmillan.org.uk**

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**[leedshospitalscharity.org.uk](https://leedshospitalscharity.org.uk)**



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