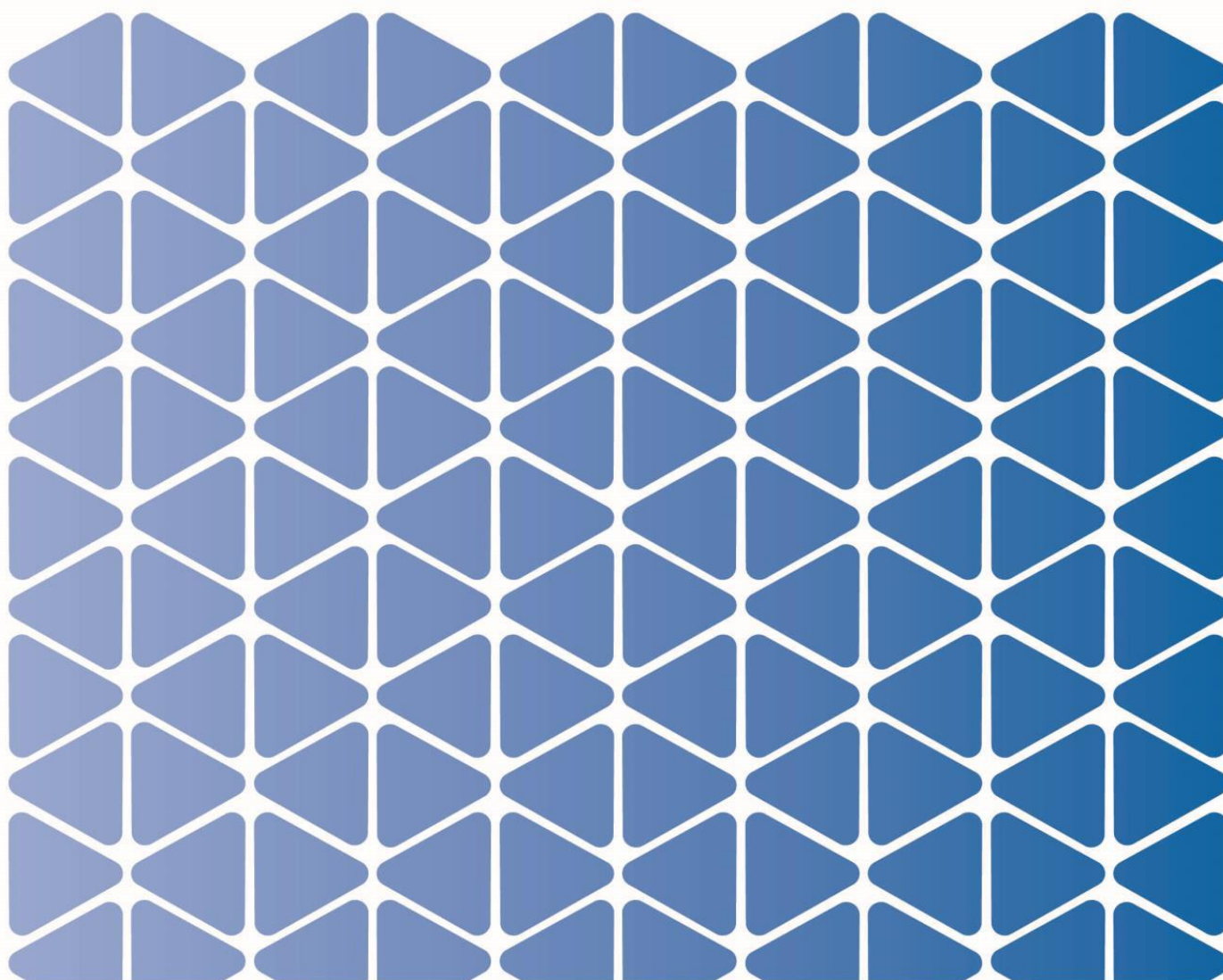




## PATIENT INFORMATION

# BREAST FORM /PROSTHESIS

## CARE / REPAIR/ REPLACEMENT



**A silicone prosthesis is robust and should last many years with good care. This leaflet provides some information on how to maintain it in a good condition.**

## **FITTING**

You will need to wear a correctly fitting bra in order for your breast form to look its best and for you to feel comfortable.

Bras that are too small may cause permanent damage to the soft silicone shell and therefore should be avoided.

## **CARE**

### **Cleaning:**

Wash gently daily (even if wearing in a pocketed bra) in lukewarm water using a mild soap and then gently pat it dry with a soft towel. Avoid using perfumes, talcum powder or body lotions on or around your breast prosthesis. The chemicals in scented brands of moisturisers can cause damage to a prosthesis.

You can wear your prosthesis when swimming in a pool or the sea but please remember to shower the sea water / chlorine off after you have finished swimming.

### **Storage:**

When you are not wearing your breast form keep it in the box provided as this will help it to keep its shape and will also prevent it from being damaged. Keep this box away from any direct heat.

### **Preventing Damage:**

Take great care with sharp objects close to your breast form. Finger nails, pins, scissors, brooches, rings, pet claws could puncture the silicone outer shell.

### **Repair:**

The outer skin of your breast form is fine and delicate in order for it to feel as realistic as possible. It is advisable to have a repair kit available to place on any punctures that may happen. This can be a roll of 2.5cm wide pink sticking plaster available from any chemist. Simply use the sticking plaster to tape the split edges together across the tear. If the breast form does split, make an emergency repair, and contact the Breast Care Nurse or Support Worker to either order a replacement or book an appointment in the fitting clinic.

## **REPLACEMENT**

With the correct care and attention your breast form should last for two to five years. As it becomes older you may notice the silicone inside becomes “bubbly” or the outer skin may start to wrinkle excessively. These are signs that you need to contact your Breast

Care Nurse or Support Worker to make an appointment for a fitting. When attending a fitting appointment please ensure you are wearing a correctly fitted bra.

Your prosthesis can be replaced free of charge once its warranty runs out – this is usually after 2-3 years. If you gain or lose a significant amount of weight; or there is a manufacturing fault and the prosthesis is still under warranty it may be possible to replace it at no cost sooner.

However if the damage is not due to normal wear and tear a cost will be charged for the replacement.

**WHAT IF I HAVE MADE THE WRONG CHOICE?**

If this is the case, please do not worry. It is not until you go home and try on different clothes that you can be certain your prosthesis is the right shape and fits correctly. You may return the prosthesis within 2 weeks so long as it is in good (like new) condition and it has not been damaged. You may then book another fitting appointment by calling your Breast Care Nurse or Support Worker.

If you have any queries regarding your breast prosthesis please do not hesitate to contact your Breast Care Nurse or Support Worker

You have been fitted with:

.....

.....

Date: .....

**Contact details**

Breast Care Nurses: 01905 760261

Breast Cancer Support Worker: 01905 760113

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.