



Respiratory Department

Lung Surgery

This leaflet explains what will happen now that you have been referred to Southampton General Hospital for lung surgery and provides other useful information to help you before, during and after your surgery.

There are four Lung Clinical Nurse Specialist nurses who will be able to support you throughout and can be contacted Monday - Friday (8am-4pm):

- **Alex Hillcox-Smith:** alex.hillcox-smith@dchft.nhs.uk
- **Anita Burnham:** anita.burnham@dchft.nhs.uk
- **Erica Mason:** erica.mason@dchft.nhs.uk
- **Cherry Spivey:** cherry.spivey@dchft.nhs.uk

Our Telephone Number is: 01305 255289. If we do not answer the phone, please leave a message and we will aim to return your call within 24 hours.

Useful Telephone Numbers and Information Sources

Cancer Support Worker - Siân Thomas-Cutts: 01305 254529 or 07919 020890.

Siân can provide further support regarding finances, diet, exercise, transport and any other concerns you may have at this time. Her hours of work are Wednesday and Thursday 9am-4pm.

Hospital Transport - 01278 727457. Sian will be able to help you with an application for Macmillan grants for transport if you are eligible.

Dorchester Macmillan/Citizens Advice number - 0845 4900042/01305 595971

For financial advice and support.

Pre-habilitation

Before surgery you can improve your recovery by looking at your diet, exercise, alcohol intake and smoking habits. Small changes to these will prepare you and reduce your risk of complications post-operatively. Please use the links below to help guide you.

LiveWell Dorset – www.livewelldorset.co.uk or Freephone 0800 840 1628 can also advise on smoking cessation, alcohol, weight loss and getting active. We do encourage you to stop smoking as this will help with your anaesthetic, wound healing and after care.

Diet - www.nhs.uk/live-well/eat-well/

Activity and fitness - www.nhs.uk/live-well/exercise/

Alcohol - www.nhs.uk/live-well/alcohol-advice/alcohol-support/

Surgery

Following your consultation today, you will be contacted in around two weeks by the Southampton Thoracic team to arrange a pre-assessment appointment, and an operation date will follow. You will require Lung Function Tests if these have not already been performed. Some people also require a CT scan of the brain and heart checks before proceeding with surgery. These will be booked locally here in Dorchester if required.

Most patients are in Southampton hospital, normally on ward E4 for three to five days on average. Once you have been discharged home from Southampton:

- It is important to continue with the deep breathing exercises that the physiotherapist would have shown you in hospital
- We advise you to monitor your surgical wound and if there is any redness, increased pain or discharge, please contact your GP. The practice nurse at your surgery will be able to remove your sutures, and the Southampton team will inform you when this should be done
- We recommend you take the analgesia as directed by Southampton. If this is not sufficient, please contact your GP as it is important that your pain is well controlled
- It is advised that you continue to wear the anti-embolic stockings (which help to prevent blood clots) for six weeks or until you are fully mobile
- An appointment at Dorset County Hospital will be made with one of the respiratory team to discuss the histology, check your wounds and confirm your ongoing plan of care. This is normally approximately four weeks after surgery.

At all stages of your care if you have any worries or concerns, please contact the Lung CNS team on 01305 255289.

If you think you need medical assistance following your discharge home, please phone your GP or the NHS 111 service. **In the event of an emergency, ring 999.**

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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