



Excision of Soft Tissue Sarcoma

Introduction

As part of your treatment for your soft tissue sarcoma the surgeons here at the Royal Orthopaedic Hospital will need to do an operation to remove your tumour. This leaflet is designed to give you and your family information about the surgery and your stay in hospital.

Before your operation

You will be admitted either the day before or the morning of your operation. The nurse will welcome you onto the ward and go through all the paperwork with you. You will be asked questions about your medical history, any medication you take and about your social circumstances. This information is used to try and ensure that your surgery goes smoothly and that you are able to be discharged home when you are medically fit. You may need some additional tests prior to your operation, for example blood tests or X-ray. You will be seen by the anaesthetist who will talk to you about your anaesthetic and your pain relief after the operation. The surgeon will also see you to explain the surgery and when they have given you the opportunity to ask questions to ensure you have understood everything, you will be asked to sign a consent form.

The operation

You will be starved for theatre.

- Please drink clear still water up to 1 hour before your admission time.
- You must not have any food, boiled sweets, chewing gum, mints, tea, coffee, milk, fizzy drinks or juices for 5 hours before your admission time.

A ward nurse will escort you to theatre and transfer you to the care of the theatre staff. Once the anaesthetist has put you to sleep the surgeon will remove your tumour.

What happens during the operation?

- A cut will be made to get to your tumour.
- Your biopsy tract will be removed at the same time.
- Your tumour will be removed along with a rim of healthy tissue (called a margin).
- A drain may be inserted which helps to remove blood and prevent swelling.
- The wound is closed with dissolvable sutures or skin clips and a dressing which will cover the wound for two weeks.
- A pressure bandage will be wrapped around your wound.
- When you are ready you will return to your ward.

Pain relief

There are different methods of pain relief used depending on the type of surgery, you may have painkilling tablets or medicine or you may be connected to a machine that will give you a dose of painkiller when you press a button. Sometimes you will have a combination of painkillers to give you the best pain relief possible. Good pain relief will mean you are able to move around without too much pain. Early movement will speed up your recovery and you may be able to go home sooner. If you have any questions about pain relief one of the nurses will be pleased to talk to you.

Post operatively

On your first post operative day your pressure bandage will be removed. You will start your physiotherapy. Your drain will stay in until drainage is at a minimum then one of the nurses will remove it for you. You will be given anti-embolic stockings to reduce the risk of blood clots; you must wear these for around 6 weeks post surgery. You may be seen by



Excision of Soft Tissue Sarcoma

a physiotherapist who will advise you if there are any restrictions on your movements and provide you with a frame or crutches to help you mobilise. You will be seen in clinic approximately 6 weeks following your operation to make sure that your wound has healed and that you are making a good recovery from your surgery. You will have the opportunity to ask any questions and discuss your surgery results.

Results from your surgery

When your tumour is removed it is sent to our pathology labs so that the pathologists can examine it. They present the results to the multidisciplinary team (MDT) at the meeting (this is on a Tuesday morning), they confirm the diagnosis, the grade and the surgical margin and the MDT then decide whether further treatment is recommended. If you require further treatment this would usually be radiotherapy (strong X-ray treatment) which can be done at a cancer centre near to where you live.

The Sarcoma Team

The sarcoma team at the Royal Orthopaedic Hospital consists of a multi-disciplinary team of professionals.

Consultant Surgeons – We have a team of consultant surgeons here at the Royal Orthopaedic Hospital who specialise in the surgical management of bone and soft tissue tumours. One of the surgeons will remove your tumour for you.

Nurse Consultant – A highly specialised nurse with vast experience in nursing patients who have bone and soft tissue tumours.

Macmillan Keyworkers – the Macmillan nurses are specialist nurses who are experienced in caring for patients with cancer, particularly bone and soft tissue sarcomas. They are able to provide information and advice and the opportunity to talk about diagnosis and

treatment. Their role as a keyworker helps to co-ordinate the journey throughout treatment and provides contacts for continuing support at home. The nurse is also able to provide more specialised support for individual patients who may have developed further problems or challenges related to their disease or treatment.

Nursing Staff – A team of qualified nurses, some of which are specialised in sarcomas, are there to help with any of your nursing needs. On the children's ward the qualified nurses are all RSCN (children's nurses).

Physiotherapists – The physiotherapists are responsible for your rehabilitation after surgery. This may include teaching exercises and showing you how to walk after surgery. They will also make sure you are safe to be discharged from hospital.

Occupational Therapists – The OTs are concerned with your independence after surgery and before you are discharged home. You may see an occupational therapist if you need equipment to assist you using the toilet or bath, dressing independently or moving from bed to chair.

Social Worker (under 21s) – the social workers provide advice or support during and after your treatment, they provide an opportunity to talk through the diagnosis and treatment and its impact upon your lifestyle and family. The services offered are as follows: counselling, practical advice and support, discharge arrangements, support after discharge

Contacting the Sarcoma Team:

| | |
|---------------------|---------------|
| Ward 3 | 0121 685 4012 |
| Physiotherapy/OT | 0121 685 4120 |
| Macmillan keyworker | 0121 685 4031 |
| Nurse Consultant | 0121 685 4031 |



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Patient Support

Our Patient Advice and Liaison Service (PALS) offers help, support and advice to patients, their relative, friends and carers. PALS can help answer questions you have about hospital services; respond to problems or concerns; and welcome your suggestions or comments, both positive and negative.

PALS contact: Mon to Fri- 8.30am - 4.30pm
0121 685 4218

Frequently Asked Questions

How will my arm/leg look and feel following my operation?

You will have a scar and your limb may be swollen, you should rest with your limb elevated to help this settle.

When can I resume sporting activities?

For the first 6 weeks there are likely to be activities that you are restricted from doing. Once your wound has completely healed and you have been reviewed in outpatients you will be able to resume sporting activities.

When can I drive?

This will depend on where your operation is and how much muscle has been removed. You can discuss this with the ward staff when you are an in-patient or contact your keyworker.

What happens if I have a problem out of hours?

In the first instance contact the ward. If they can't resolve the problem they will put you in touch with the on-call doctor.

Information for patients and carers

What is available?

Macmillan BACUP information booklets on the different tumours that we treat:

- Information on support groups for patients /

carers

- Macmillan Cancer Support Information booklets
- Information on benefits

Where?

- Day Room Ward 3
- Information Booklets
- Computers
- Hub in Outpatient Clinic

Who can help?

Any of the doctors, nurses, physiotherapists or occupational therapists based on Ward 3.

Websites

Macmillan Cancer Support
www.macmillan.org.uk

Sarcoma UK
www.sarcoma.org.uk

Carers UK
www.carersuk.org

Cancer Research UK
www.cancerresearchuk.org

Cancer Black Care
www.cancerblackcare.org.uk

NHS Choices
www.nhs.uk

Teenage Cancer Trust
www.teenagecancertrust.org



Excision of Soft Tissue Sarcoma

| Consultant | Secretary | Macmillan Key Worker / Nurse Specialist |
|----------------------------|---------------|---|
| Mr Parry | 0121 685 4045 | Andrea Slade 0121 685 4052 |
| Professor Jeys | 0121 685 4359 | Andrea Slade 0121 685 4052 |
| Mr Tillman | 0121 685 4399 | Emma Ward 0121 685 4000 ext. 55274 |
| Mr Stevenson | 0121 685 4037 | Debra Dunne 0121 685 4031 |
| Mr Morris | 0121 685 4021 | Debra Dunne 0121 685 4031 |
| Mr Kurisunkal | 0121 685 4045 | Nerys Davies 0121 685 4031 |
| Professor Abudu | 0121 685 4151 | Emma Ward 0121 685 4000 ext. 55274 |
| Mr Evans | 0121 685 4265 | Emma Ward 0121 685 4000 ext. 55274 |
| Mr Srinivasan and Ms Foong | 0121 685 4265 | |

Oncology Nurse Consultant:

Anita Killingworth - 0121 685 4031

Teenage Cancer Trust Clinical Nurse Specialist for patients aged 16-24:

Jane Forsythe - 0121 685 4368

Macmillan Navigators:

Amy Poppitt and Lucy Bishton - 0121 685 4031

Confidentiality

The Trust is committed to keeping your information safe and secure, and to protecting your confidentiality. For more information about how we do this please read the Trust's leaflets: "Ensuring Information Confidentiality". This is available in waiting areas, on the Trust website or can be requested through the Communications department by calling 0121 685 4379.