



Breast
Cancer
Support
AOTEAROA
'We've been there too'

If you've had a breast cancer diagnosis, recently or in the past, and you'd like to talk to someone who's had one too, call us.

0800 273 222

support@breastcancersupport.org.nz

www.breastcancersupport.org.nz

 [breastcancersupportnz](https://www.facebook.com/breastcancersupportnz)

Breast Cancer Support Aotearoa Inc. (BCS) is a registered charity CC 10436. Our trained peer support volunteers provide information and support based upon their own experiences and do not give medical advice.



Questions to Ask Your Surgeon



Breast
Cancer
Support
AOTEAROA
'We've been there too'

0800 273 222

Questions to ask your surgeon

If you have just received a diagnosis of breast cancer and surgery is recommended, here are some questions to ask that may help with your decision making.

- **What is the best surgery for me?**
- **What are the risks and potential complications? How do these compare with the benefits?**
- **Can I choose between having the lump removed and a mastectomy?**
- **How will my breast look after surgery?**
- **Is reconstruction an option for me?**
- **If I have a mastectomy, how likely is it that I'll need radiotherapy?**
- **Is chemotherapy before surgery an option for me?**
- **How long will I be in hospital?**
- **How much time should I allow for recovery at home?**
- **When will my first follow-up appointment be?**
- **What should I expect after surgery? Pain, swelling, numbness?**
- **Will I need any further treatment after surgery?**
- **When can I go back to work and resume normal activities?**
- **What is my risk of lymphoedema?**
- **What activities should I not do while I am recovering at home?**

Prepared by Mary Sylvester MA BA SCM RN in collaboration with The Research Team. Revised April 2022

Helpful New Zealand websites

Breast Cancer Support Aotearoa Inc. (BCS)

0800 273 222

www.breastcancersupport.org.nz

New Zealand's foremost national peer support organisation for those experiencing breast cancer. National 365-day help line, community support groups, individual support with a BCS volunteer.

Breast Cancer Foundation NZ (BCFNZ)

0800 902 732

New Zealand's leading source of breast cancer education and information. Access to Mybc online support and specialist Breast Nurse (0800BCNURSE), free counselling.

Sweet Louise

0800 793 385

www.sweetlouise.co.nz

Practical and social support for those living with advanced (metastatic) breast cancer.

Breast Cancer Aotearoa Coalition (BCAC)

www.breastcancer.org.nz

Advocacy organisation working to make world-class detection, treatment and care accessible to everyone with breast cancer in Aotearoa. Produces the *Step by Step* resource for newly diagnosed.

Health Navigator

www.healthnavigator.org.nz

Reliable source of information and healthcare resources.

