PREHEAT Heating Procedure

Things to remember:

1. If you are having only one breast operated on, then heat only that one.

2. If you are having both breasts operated on, then heat only your RIGHT breast.

3. Heat the breast around 12 hours before surgery, i.e. at around 7pm the night before.

4. The heating procedure takes about 2 hrs 45 mins, please allow enough time to complete the entire procedure.

5. Get someone to help you if you need to.

6. Lie down and relax during the heating procedure.

7. Please write down the temperature you heated the water to, the time the hot water bottle was placed on and off the breast and which breast you heated in the spaces provided on the next page.

8. Any problems, call our clinical research nurse Ms Billie Coomber at 07825 016051.

What you need to complete the procedure

- A saucepan with water
- The thermometer we have given you
- The water bottle we have given you
- A tea towel
- A pen
- A watch / timer
- This form
INSTRUCTIONS

PART ONE

1 Place the thermometer screen away from the hob and make sure the screen shows ‘OUT’ and the temperature in degree Celsius (°C). If not, press on the IN/OUT once or the °C/°F button once to switch to the correct setting.

2 Extend the thermometer probe into the water in the saucepan and make sure the probe does not touch the saucepan.

3 Heat water to 43°C.

4 Record the water temperature overleaf.

5 Half fill the bottle slowly.

6 Cover the bottle with a tea towel.

7 Lie down and place on the naked breast with the centre of the bottle over your nipple for 30 minutes.

8 Write down overleaf the time the hot water bottle was placed on and off the breast and which breast you heated.

BREAK

9 Break for 30 minutes and allow your breast to cool on its own.

PART TWO

10 Tip out the water from the water bottle.

11 Repeat Part One, steps 2 to 7 with freshly heated water.

12 Record the temperature and time overleaf.

BREAK

13 Break for 30 minutes and allow your breast to cool on its own.

PART THREE

14 Tip out the water from the water bottle.

15 Repeat Part One, steps 2 to 7 with freshly heated water

16 Record the temperature and time overleaf.
PLEASE COMPLETE THIS PAGE

Which breast did you heat?  
RIGHT / LEFT  
(circle)

Today's date: / / / 

PART ONE
Temperature of water: °C

Time hot water bottle was placed on breast and was taken off:

on: : PM  
off: : PM

Any comments / difficulties?

PART TWO
Temperature of water: °C

Time hot water bottle was placed on breast and was taken off:

on: : PM  
off: : PM

Any comments / difficulties?

PART THREE
Temperature of water: °C

Time hot water bottle was placed on breast and was taken off:

on: : PM  
off: : PM

Any comments / difficulties?
Please bring this completed form, the water bottle and the thermometer with you when you come to the hospital for your surgery. A member of the research team will collect these from you during your stay at the hospital.

Thank you very much for your participation!