

Preparing for your first appointment after surgery

In this video we're going to talk about:

- What happens during your first appointment following surgery
- And how to prepare for and get the most out of this appointment

[What happens at your first appointment after surgery?]

When you go for your first appointment after surgery, your healthcare team will want to find out how you're recovering from your surgery.

But they will also talk about what happens next for you, and it's completely normal to feel worried about what you may be told.

There can be a lot of information to take in at this appointment, so many people find it helpful taking a close friend or relative with them.

[What happens next?]

Your healthcare team will advise whether you need any further treatment such as radiotherapy or chemotherapy, or whether no further treatment is needed, depending on the stage of your cancer.

Your cancer stage is based on how far your cancer has spread, what it looks like under the microscope, and the results of some tests done on your cancer that work out which molecular group it belongs to. You can find more information about these groups in our video titled, 'Understanding my test results: molecular classification'.

The stage of your cancer can only be confirmed after your surgery, which means that the stage may be different to what you were told before surgery.

If your womb cancer is in the mismatch repair, or MMR, group, this means that there's a chance you have Lynch syndrome, a genetic susceptibility to getting cancer, including womb cancer. If Lynch syndrome is suspected, you'll be told how you can get tested for this.

You can find out more about Lynch syndrome on our website.

[Making sure you have all the information you need]

It's perfectly normal to feel overwhelmed with information at the first appointment after your surgery, but it's important to ask questions if you're not sure about what you've been told.

However, it can sometimes be difficult to know what questions to ask, and easy to forget to ask something that you meant to.

Our Peaches' community has put together a list of questions that you might find helpful, which you can find on our website. If you like, you can print this off, add your own questions, and take it along with you to your appointment.

[Where can I find further information and support?]

If you have any concerns about your recovery from surgery, or what happens next for you, make sure you contact your healthcare team, your Clinical Nurse Specialist, or CNS, or your GP.

You can find more information about treatments such as chemotherapy and radiotherapy in our other videos, as well as information about follow-up if your treatment has finished.

You can also find a list of organisations on our website that provide helpful support and information.