

My breast reconstruction after my mastectomy looked like a 'plasticine boob', says Countryfile's Julia Bradbury

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Julia Bradbury has opened up about undergoing a mastectomy after being diagnosed with breast cancer last year.

The Countryfile presenter, 51, took part in an upcoming ITV programme which documented her journey.

Julia has opened up about her mastectomy and breast reconstruction

In a new interview the brave star revealed exactly how she felt before and after the surgery.

She said: "At that point – and I think this is a moment that every woman who has had a mastectomy will share – I had never felt so lost, so out of control and so deeply sad.

"The shape of me, as I knew it when I looked in the mirror, was never going to be the same again."

Discussing the moment she looked down at herself on the operating table and saw the felt-tip pen markings, Julia told You magazine: "They were like something you see in the butchers.

"I felt like a piece of meat on a block."

Julia confessed that after the operation it took her almost two months to be able to look at her reconstructed left boob.

She said: "I didn't want to see myself so horribly damaged, bruised and battered

"I looked at it in the bedroom in my wardrobe mirror and – I don't want to upset my surgeon because he has done a brilliant job – it looked like a Plasticine boob. That was eight weeks post-mastectomy."

Julia recently shared the last photo she took of her body before the operation.

She captioned it: "This is the last pic I took of myself before my mastectomy, to remove a 6cm tumour from my left breast.

"One of the best bits of advice I was given by my friend Heidi who's been through this, was to say goodbye & thank you to my breast.. for all the years of service & time spent together.

"Saying farewell & grieving for what we've lost is OK."

The Countryfile presenter confessed it took her two months to look at her reconstructed left boob

- The Sun