



Post-Operation Instructions for LD Flap Procedures

Sutures

The incisions on the back and breast are closed with a dissolvable suture that runs under the skin and does not require removal. You will not be able to see the suture.

Dressings

I use a Prineo dressing. This is a tape sealed on with glue, which helps support the wound as it heals. It is also waterproof and you can wash as if it wasn't there. The 'glue and tape' dressing will peel off after 3 weeks to leave a healed wound. The nurse can remove this in clinic or you can do it yourself at home if you prefer.

Compression garments

You will need to purchase a support bra prior to surgery. This should be soft and comfortable with no wires. The bra will be put on you in the operating theatre, so you will wake up in it. It helps to support and shape the breast as it settles. Please wear the compression day and night for 4-6 weeks. You can remove it to wash and then replace it when you are finished.

Medication

The hospital will discharge you with analgesia and antibiotics. The antibiotic course is for 5 days.

Follow up

Before you are discharged from hospital you should be given a follow up appointment with the nurse after 1 week. I normally see you in clinic between 4 and 6 weeks, although I will see you sooner if you have any problems. You should also be given some contact numbers in the event of any problem. If you have any questions or concerns about your recovery, please do not hesitate to email me (anne@annedancey.co.uk) and I will endeavour to get an answer to you the same day. Obviously, if it is more urgent then please contact the ward or clinic on the hospital numbers you will be provided with. In the unlikely event of an emergency, you must phone the hospital or visit your closest NHS Accident and Emergency (A&E) Department.



I hope you find this information useful. If you have any questions or require a little more information then please do not hesitate to [contact me](#).

Anne Dancey

Plastic and Reconstructive Surgeon