



Anne Dancey
PLASTIC SURGERY

Post-Operation Instructions for LVA Procedures

Sutures

The incisions are closed with a dissolvable suture that does not require removal.

Dressings

The incisions are covered with a waterproof plaster that can be removed after a week. You will be given spare dressings to take home should they need replacing. Your compression garment will be put on in theatre, so that you wake up in it. It will need to be removed every day to check that the skin is ok and give you an opportunity to wash. This is best done at night- if you are unable to get the garment back on, the swelling will reduce overnight, allowing you to apply it in the morning.

Medication

The hospital will discharge you with any analgesia you require.

Follow up

Before you are discharged from hospital you should be given a follow up appointment with the nurse after 1-2 weeks. I normally see you in clinic between 6 and 8 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