



Post-Operation Instructions

Sutures

The majority of wounds are closed with dissolvable sutures that do not require removal. They are often hidden under the skin, so you will not see them. For facial incisions, I often use fine non-absorbable sutures as they give a better scar. They need to be removed by the nurse at about 5 days in the clinic. You will be given an appointment for this prior to leaving the hospital.

Dressings

I use glue dressing, which protects the wound and makes it waterproof. It is barely visible and means you can shower as soon as you like. The glue simply dissolves by about 3 weeks, meaning that you do not need to wear any bulky dressings. For larger incisions you may have 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 and I can remove this when I see you in clinic.

Support garments

You may have been asked to bring a compression garment with you to hospital. The nurses will help you put this on after your surgery. Please wear this day and night for 4-6 weeks depending on the area. You can remove the garment to wash and then replace it when you are finished.

Medication

The hospital will discharge you with analgesia and any antibiotics I have prescribed. Your antibiotics should be taken for 5 days.

Lipoedema patients tend to bleed and drop their haemoglobin levels more than other types of patients. This is partly due to varicose veins, B12 and iron deficiency and leaky blood vessels (which is why lipoedema patients bruise easily). The higher the volume of fat I take, the higher the risk of dropping the haemoglobin. Therefore, lipoedema patients are prescribed iron tablets (330mg of ferrous gluconate three times a day) for 4 weeks before and after surgery to build up and replenish iron stores.

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 2 and 6 weeks, depending on the surgery. 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 visit your closest NHS Accident and Emergency (A&E) Department.



Anne Dancey
PLASTIC SURGERY

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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