

Instructions after removing dressings (Bilateral mastectomies for gender affirmation)

Now that the dressings are removed you can have a shower. Running water and running soap are ok. Avoid bathing until all the scabs are naturally removed.

DO NOT FORCE ANY SCABS AND ALLOW THEM TO NATURALLY FALL OUT. This will be completed in a few days for your long scars but may take longer for the nipples (sometime weeks).

All stitches are absorbable and do not need removing. Some may take longer to fall out. If you have any concern please be in touch.

Avoid overstretching (including swimming) and heavy weight-lifting for another 4-6 weeks, after which you can go ahead with any physical activity. You are free to proceed with any cardio activity from now, including running.

The chest may appear swollen for some time. The healing process and may take up to two years. You can have a virtual appointment at any point free of charge if you wish to discuss anything more in detail.

Any recent scar carries a risk of infection. If you have any concern please be in touch.

Sometimes a small opening may appear at any site of the scarring and some clear fluid might come out. Encourage any serous fluid to be discharged and keep the area clean this is usually a delayed reaction to one of the stitches and self-limited.

After all the scabs are naturally removed you can start using your preferred ointment to improve cosmesis on the scars. High SPF sun protection should be used if direct sun exposure is considered.

The best outcome (if masculinization is important) will be achieved if you invest time building up your chest wall muscles. The projection of chest wall muscles will improve or eliminate any minor discrepancies.

Please let me know if you require a further sick note. I would appreciate sending me a picture of your chest from the front for my records with an indication - if you consent to (anonymously) - be included in my website.

Feel free to consider writing a review for myself or the service you received on iWantGreatCare (<http://iwgc.net/eiyxr>).

Mr IOANNIS NTANOS
Consultant Surgeon
He/Him