



Instructions on discharge

- Use the painkillers as prescribed. After 4-5 days you can regulate the dosage according to your pain threshold.
- Removing the drains (48 hours after the procedure if drains are used) is not painful. It may feel awkward as the drain is removed that will only last for a few moments.
- Dressings must remain in situ until reviewed in 2 weeks. If they start peeling off (e.g. due to sweating) use any dressing or tape to keep them in place under pressure. This is essential for nipple viability (if nipple reconstruction took place).
- Do not wet the dressings. You can have a shower with caution but try to protect the dressings. Pat everything dry and add more tape/dressings if they start peeling off.
- Avoid over-stretching and weight lifting until you are reviewed for dressings removal. Both actions might stretch the scarring resulting in suboptimal outcome.
- Wear the compression stockings until you resume your pre-operative level of everyday activities.
- Driving is not advised until you are confident there is no discomfort or pain that would distract you from reacting appropriately in case of an emergency.

You will be clinically reviewed after approximately two weeks at either the PINES by Mr Ntanos if you are local or wish to travel. Alternatively you can be reviewed for your dressings by a qualified nurse as possible to your residence, arranged by the Transform Group, The latter will entail some additional cost.

Please be in touch through topsurgery@ioannisntanos.com if you need any further instructions or advice.

Mr IOANNIS NTANOS
Consultant Surgeon
He/HIm