



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.
- Wear the compression vest (if one was advised) as much as you can. Breaks can be taken if it becomes too constrictive.
- 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 as arranged by the Cadogan clinic. Alternatively you can be reviewed for your dressings by your GP if they are experienced and inclusive. If needed (and is possible), a video connection with myself can be arranged while someone else is removing your dressings.

Please be in touch through topsurgery@ioannisntanos.com if you need any further instructions or advice, or use the WhatsApp number that was provided to you for texts/pictures.

Mr IOANNIS NTANOS
Consultant Surgeon
He/Him