



LYMPHA

Post-Operative Instructions

Sutures

The incisions are closed with dissolvable sutures that do not require removal. They are often hidden under the skin, so you will not see them and will dissolve naturally over a period of approximately 4 weeks, when the incisions are strong enough to support themselves.

Dressings

I use a transparent dressing, which is waterproof and can be removed one week after surgery, when the corners start to lift.

You can shower as soon as you like after surgery and do not require any dressing changes until we see you in clinic. However, you will be given some spare dressings in case they fall off.

Medication

During your surgery I will use a long-acting local anaesthetic block in the infiltration fluid. This reduces any pain that you have for 72 hours after surgery, but you may need additional analgesia in the form of Tylenol and Ibuprofen. I will also prescribe Tramadol if you are in significant pain, but I only recommend taking it if you need to as it is very strong medication.

You will be given antibiotics to take for 14 days after your surgery to reduce any risk of infection whilst the incision heals.

The medications should be given to you before you go home, so please check with the nurse if you do not receive anything.

Scar advice

Once the dressings are removed, I recommend that you massage the incisions using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.



Anne Dancey
PLASTIC SURGERY

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The scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

Follow up

Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in the clinic 2 weeks after your procedure, depending on the type of surgery.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent, please contact the clinic/hospital. In the unlikely event of an emergency, you must visit your closest Emergency 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

Dr Anne Dancey

Plastic and Reconstructive Surgeon FRCS(Plast), MBChB(Hons), MmedSci(Hons) and MCh(PASP)