



# Nipple Reconstruction

## Pre-Operative Instructions

### Pre-operative Information for Local Anaesthetic procedures

This pre-operative guide aims to help you prepare for your surgery. Please let me know if you have any new medical problems or medications prior to surgery.

#### Smokers

You must stop smoking for a minimum of 2 weeks before the surgery, although discontinuing earlier is preferable. Nicotine diminishes blood oxygen levels and can markedly elevate the likelihood of post-operative healing complications. Since it is the nicotine and not the smoke itself that poses issues, this caution **extends to nicotine replacement therapies** such as chewing gum, e-cigarettes, and patches.

#### Sickle cell trait or sickle cell disease

If you have either condition, it is essential that we are made aware of this prior to your surgery to ensure that you are optimised and have blood transfusions and anticoagulation if necessary. This will be fully discussed at your initial consultation.

#### Dressing allergies

Please let me know if you have an allergy to tissue glue or any dressings, so I can select an appropriate dressing for your incisions.

#### Medications

Certain medications should be stopped prior to surgery as they can cause blood clots or excessive bleeding. These include:

- **Aspirin/Clopidogrel:** To be stopped 2 weeks prior to surgery as they can cause excessive bleeding and haematoma formation.
- **Warfarin:** This should be stopped 4 to 5 days before surgery, depending on your INR and the indications for the Warfarin. We will start a blood thinning injection to protect you whilst the Warfarin has been discontinued.

#### Admission to hospital/clinic

You will be given a time to attend on the day of your procedure. You can eat and drink normally before the operation.



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I will come and see you before the surgery. I will take pre-operative photographs and go over the operation again to remind you of any risks or complications.

If you have any questions or concerns, there will always be sufficient time made to answer them.

At any time if you are unsure about anything concerning surgery, then please do speak to me.



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*

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