



Anne Dancey
PLASTIC SURGERY

Post-Operation Instructions for DIEP Procedures with Lymph Node Transfer

Sutures

The incisions are closed with a dissolvable suture that runs under the skin and does not require removal. You will not be able to see the suture. There will be several fine dissolvable sutures around the umbilicus, which will simply fall out after 2-3 weeks.

Dressings

I use a Prineo dressing. This is a tape sealed on with glue, which helps support the wound as it heals. It is also waterproof and you can wash as if it wasn't there. The 'glue and tape' dressing will peel off after 3 weeks to leave a healed wound. The nurse can remove this in clinic or you can do it yourself at home if you prefer.

Compression garments

You will be given an abdominal compression garment from the hospital and the nurses will help put this on before you go home. Please wear the compression day and night for 4-6 weeks. You will also need to purchase a support bra without underwires to wear for 6 weeks following surgery. This will help shape the breast.

Medication

The hospital will discharge you with analgesia and antibiotics. The antibiotic course is for 5 days.

Follow up

Before you are discharged from hospital you should be given a follow up appointment with the nurse after 1 week. I normally see you in clinic between 4 and 6 weeks, although I will see you sooner if you have any problems. You should also be given some contact numbers in the event of any problem. If you have any questions or concerns about your recovery, please do not hesitate to email me (anne@annedancey.co.uk) and I will endeavour to get an answer to you the same day. Obviously, if it is more urgent then please contact the ward or clinic on the hospital numbers you will be provided with. In the unlikely event of an emergency, you must phone the hospital or visit your closest NHS Accident and Emergency (A&E) Department.



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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](#).

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Plastic and Reconstructive Surgeon