



Anne Dancey  
PLASTIC SURGERY

## Post-Operation Instructions for Nipple Reconstruction Procedures

### Sutures

The incisions are closed with a dissolvable suture that does not require removal. It will fall out after 2 weeks.

### Dressings

The nipple is covered with a waterproof plaster that can be removed after a week.

### Medication

I recommend that you take regular paracetamol for a couple of days and you should not require anything after this.

### 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 6 and 12 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](mailto: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.



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

Plastic and Reconstructive Surgeon