

Pre & Aftercare Information

Scrotal Uplift & Webbing



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

Procedure Information

Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising. If you are on blood thinning medication, notify us immediately.

Procedure Information

The day of surgery:

Please DO observe the following on the day of your surgery:

- Enjoy a light meal before attending, unless you are scheduled for twilight sedation or a general anaesthetic. (IF YOU ARE SCHEDULED FOR A GENERAL ANAESTHETIC, PLEASE READ THE INFORMATION SENT IN YOUR CONFIRMATION OF SURGERY LETTER SENT BY EMAIL).
- Shower on the morning of surgery.
- Please wear tight fitting cotton pants, and comfortable clothing.
- Arrange your transport home. We advise you not to drive after the surgery and have someone take you home.

Procedure Information

Immediately after surgery:

After surgery, you will relax in our recovery room. We will provide you with a hot/cold drink and biscuits after surgery. One of our nurses will go through the aftercare and give you instructions on what to expect in the next few days (please always refer to this document). All the stitches are absorbable.

There are internal and external stitches placed and the wound is closed in layers to reduce the tension. Due to its location, sometimes the wound can stretch and open slightly. Don't worry about this as the wound will close up. Due to the area of surgery, the constant movement with walking, sitting, moving around will put tension on the skin edges. The top layer of stitching that is on top of the skin will start to come off in 7-10 days. This is normal. It is also an absorbable stitch and as the body dissolves it on the inside, the outer aspect of the stitch will come away.

Wearing supportive, cotton boxers is advised. The area can be quite uncomfortable after the surgery, we will therefore provide painkillers.

We will make your follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up in clinic or by phone, if you live at a considerable distance.

If you have any concerns, our door is always open and additional follow up appointments can be scheduled by contacting your patient coordinator or Bella Vou directly.

Procedure Information

What to expect after the procedure

- Mild discomfort and swelling – lasts about 1 week
- Bruising around the genital area – can spread down to the anal region and across the thighs occasionally.

What we would like you to do

- Shower daily – avoid baths and swimming pools for at least two weeks or until all scabs have fallen away; keep the area as dry as possible - use a hair dryer on a cold-setting.
- Keep the area clean and change underwear regularly - which reduces the risk of infection.
- Wear a dressing on the wound(s) for 2 - 3 days, unless advised otherwise.
- The comfortable supportive pants must be worn for at least two weeks post procedure and will ensure that you get the optimum cosmetic result and ensures your ongoing comfort post procedure.
- Take regular painkillers as advised by the nurse for a minimum of 48 hours but you can take a week long course depending on your level of discomfort.
- Stay well hydrated and enjoy a healthy diet.

Procedure Information

Photographic examples



1 week after surgery

Procedure Information

FAQs

When can I resume having a bath or going swimming?

Avoid baths and swimming pools for at least two weeks after surgery or until all the incisions have healed without any scabs remaining. If in doubt, please speak with our nurse.

When can I resume daily activities?

You can resume most normal activities as and when you feel comfortable although we recommend that you avoid any heavy lifting, over bending and over stretching for at least two weeks.

When can I exercise?

Exercising other than walking is also not advised in the first two weeks post procedure. You can gradually increase to your normal routine from 2 weeks. By 6 weeks you should be back to your normal routine.

Are there any eating requirements to help healing?

It is essential that you eat and drink as normal post procedure. A nutritionally balanced diet is essential for good wound healing and keeping well hydrated will assist in your recovery.

When can sexual activity resume?

You should refrain from intercourse/masturbation for a period of at least 4 weeks post procedure or until it feels comfortable to resume.

What should I do if I have a concern?

It is important that you notify us early of any concerns you may have, as your welfare is paramount. If you notice any increase in pain, redness or swelling then please contact us immediately so that we can review you.

Some Final Bits...

What should I do if I have questions or concerns about my procedure post operative?

Should you have any concerns during the first days or weeks of your recovery, such as whether everything is settling properly, if you suspect an infection or your wound has opened up a little; please be assured that we are always on hand to support you, so please contact us directly. During clinic opening hours, please call the clinic on 01892 257 357. For out of hour emergencies, please call 07753 211 771. While it's tempting to look for health advice online to find an answer to a question or concern, your procedure, your surgeon and your body are completely unique so please speak to your patient coordinator who will arrange for a clinician to set your mind at ease. Typically there is nothing to worry about in most instances, our team of specialists nurses and surgeons are always on hand to assist and assure you.

Revision Policy

General Revisions

While our surgeons always strive to achieve the best possible results for each patient, complications can occur (while very rare) with any form of surgery. Our revision policy covers the patient for any complications incidental to our clinical care as well as any corrective revision surgery that may be required if the outcome we expected you to achieve wasn't at first realised. So whether you require further treatment as a result of an infection or wound problem or require an adjustment to achieve the expected result, Bella Vou include all of this care as part of our commitment to you.

Cosmetic Dissatisfaction

Sometimes an unrealistic expectation might be formed as to the extent of what the procedure would achieve. This tends to be very rare as our world-class surgeons work hard to understand that the desired outcome you seek prior to surgery is realistic with what is medically possible for skin quality, BMI and other underlying factors. During the consultation(s) prior to surgery, the surgeon and the patient will establish what would likely be achievable based on that patient's unique physiology and their individual needs and desires. This would be termed a 'desirable outcome', if that result has not been met, then we would correct that for the patient without further a fee.

Herewith a few examples to help you understand where we would offer revision surgery.

- A breast augmentation patient who underwent breast surgery now has irregularly shaped breasts or who's breasts are not symmetrical in appearance.
- A patient who underwent a tummy tuck and liposuction to the flanks, whereas one flank is nicely contoured, the other has a bulge.
- A facelift patient who develops a pixie-ear deformity in the months following surgery.

With all such examples, Bella Vou would revise these without costs.

Herewith a few examples to help you understand that would not be covered under our revision policy.

- A facelift patient declines a recommendation by the surgeon to have liposuction to the neck as part of a face and neck lift procedure to remove some excess volume and to give the best result. Post surgery, the patient complains that their neck is not as tight as they would have expected. Whilst we can address this concern for the patient, the patient did not take the recommendation of the surgeon previously and now wants the neck tightening further as the neck is still full in appearance or has lax skin. A charge would be incurred for this additional treatment.
- A breast patient is advised by her surgeon to have an uplift in addition to having breast implants to improve the shape and appearance of her breasts. The patient only wants further volume by having implants as her budget is tight. Whilst the patient is happy with the size of her breasts post surgery, she is not happy with the overall appearance as the nipple position is low with less volume in the upper part of her breasts. A charge would be incurred to separately uplift the patient's breasts.
- A tummy tuck patient undergoes a tummy tuck procedure and whilst initially delighted with the result, she then goes on to have further unexpected children or has significant weight gain. The patient is unhappy that her tummy has developed loose skin and is not as flat as it previously was. We can further improve this patient's appearance but this would incur a fee.

In Summary

It is important to bear in mind that our surgeons agree on a 'desirable outcome' with the patient prior to the patient agreeing to any treatment. If the patient is in any way unhappy with the 'desirable outcome' put forward by the surgeon, they are under no obligation to proceed with the surgery.

Please do not hesitate to contact us if you have any questions, queries or concerns.

Market House, 45-47 The Pantiles, Royal Tunbridge Wells, Kent, TN2 5TE
t: 01892 257 357 e: hello@bellavou.co.uk w: www.bellavou.co.uk

