

INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY – NIPPLE/AREOLA RECONSTRUCTION

See the supplements recommended for use in the pre & postoperative period and medications to avoid list. Feel free to schedule a post operative consultation with our skin care department for instructions on scar therapy and products for dry or irritated skin. Lipikar should be used on all post surgical sites unless otherwise directed by your surgeon.

No smoking. No Nicorette Gum or Patches, this delays wound healing.

If you have drain tubes—record the output. Once the drainage is less than 25-30cc in 24 hours call the office. Be sure that the JP bulb is collapsed at all times. You may shower 72 hours after surgery.

Remove all gauze and tape dressings 72 hours after surgery. Leave the steri-strip tapes in place. You may shower and wash over the area but do not rub or use any type of cloth. The area can get wet but the shower head should not spray directly on surgical site. It is very important to be sure the areola/tattoo is moisturized at all times with antibiotic ointment for the first 3-5 days. After Lipikar or another body moisturizer can be applied. You will need to wear a support dressing to protect the nipple from pressure to avoid flattening for six (6) weeks post surgery.

Walk as much as tolerable but with assistance in the first 24-48 hours. Rest on back with some elevation to decrease swelling. Breathing exercise will help with circulation (oxygenated blood restores and helps eliminate after effect of anesthesia and impurities) and tension. Breathe through your nose and fill your lungs, slowly release through your mouth. Repeat 10 times each hour or anytime you feel lightheaded or nauseated. If nausea is persistent a prescription can be phoned in to your pharmacy. Generally there should be no exercise for three to six weeks following surgery. Drink plenty of fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medications may cause constipation. Use Colace, which can be purchased “over the counter”, take as directed. No alcohol for two weeks following surgery.

Call the office for follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions (586) 779-3030 or after hours (313) 396-0787.