Nipple/Areola Reconstruction Post-Operative Instructions

ACTIVITIES:

- For the first week post-op sleep on your back.
- Avoid picking anything up greater than 1-2lbs the first week. The doctor will advise you when you can start lifting anything heavier.
- Do not exercise until the doctor says you may do so.
- You may not drive the first week or while you are taking pain medication.
- No housework until you are told otherwise.
- No smoking or being around smoke at least the first 2 weeks after your surgery. This will interfere with your healing
- Do not apply any pressure on breasts.

DRESSINGS:

- You will have dressings on breasts. Do not remove them.
- You may have some bloody drainage on the dressing, this is normal.
- You may not shower the first week – sponge bathe only, until dressings are removed at your first post-op visit.

MEDICATIONS:

- Take your antibiotic until it is completed.
- If the pain medication is a narcotic it should be taken as prescribed.
- Do not drink alcohol or drive a car while taking pain medication.
- The pain medication may cause nausea

WHEN TO CALL:

- If you have increased swelling or bruising
- If swelling and redness persist after a few days
- If you have increased redness along the incision
- If you have severe or increased pain not relieved by medication
- If you have any side effects to medications: rash, nausea, headache, vomiting
- If you have an oral temperature over 100.4
- If you have yellowish or greenish drainage from the incisions or notice a foul odor
- If you have bleeding from the incisions that is difficult to control with light pressure
- If you have loss of feeling or motion
- Or if you have any additional questions