



POST-OP INSTRUCTIONS: INVERTED NIPPLE REPAIR

DRESSINGS

- Keep your dressings in place and dry until your first post-operative appointment. **DO NOT GET WET.**
- After your first post-op appointment and the dressing is removed, put antibiotic ointment on your incisions for 1 week. Wear your protective nipple dressings with the cut-out for the nipple at all times unless showering, apply a new dressing every other day for 2 weeks after sutures are removed.

MEDICATION

- Pain meds should be taken with food to avoid stomach upset. Do not drive if taking pain meds.
- For patients with normal kidney function, we recommend taking 1000mg of Tylenol every 8 hours and 600mg of ibuprofen every 6 hours for 3 days post-op.
- Do not take vitamin E, fish oil, or garlic pills for 2 weeks after surgery.

ACTIVITY

- Please begin to move around as tolerated. During waking hours, walk around every 2-3 hours to help prevent blood clots for the first 2-3 days after your surgery.
- Restrict excessive use of your arms for 5-7 days after surgery. After that, you may do full non-weighted range of motion.
- Avoid strenuous activity for 2 weeks after surgery.

AVOID

Do not smoke, vape, use nicotine gum/patches, or expose yourself to secondhand smoke for at least 6 weeks after your surgery.

CALL OUR OFFICE IF: You get a fever of over 100°F or if your incision becomes red or hot to the touch.