



POST-OP INSTRUCTIONS: NIPPLE RECONSTRUCTION

DRESSINGS

- Keep your dressings in place for 48 hours after your surgery. If you do not have a drain, then you may take down the dressings and shower.
- Wear your protective nipple dressings with the cut-out for the nipple at all times for 2-3 weeks unless showering. Apply a new dressing every other day.
- Do not remove skin tapes (butterfly tapes) for 2-3 weeks from your surgery or until they fall off.

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.
- Employment can be resumed 14 days after surgery or sooner depending on your occupation.

AVOID

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

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