

INSTRUCTIONS FOLLOWING NIPPLE RECONSTRUCTION/PIGMENTATION

1. The gauze dressing and tape applied immediately following the procedure should be left in place for 48 hours.
2. You may notice bright red drainage in the dressing a few hours following the procedure. This is normal once the anesthetic has worn off. If this drainage soaks through the dressing and continues, please call our office and speak with the nurse.
3. After 48 hours, you may remove the dressing, and the reconstructed nipple may get wet. (shower OK, NO soaking in a tub, swimming, etc.)
4. Begin wound care twice daily (in the morning and evening) 48 hours after the procedure and continue for 5 more days.
 - *with a Q-tip, apply a light coat of the antibiotic ointment to the area.
 - *do not attempt to scratch or pick away any crust along the pigmented area. Early removal of pigment crusts may result in areas with insufficient color.
 - *Avoid swimming for 2 weeks after the procedure. Otherwise, usual activities can be resumed immediately.
5. Observe the reconstructed nipple for signs or symptoms of infection:
 - *Spreading rash or redness
 - *Intense pain or itching
 - *Pus-like green drainage
 - *Temperature above 100.5 F
 - *Increasing warmth (touch) compared to the surrounding skin
 - *If any of these develop, call our office and speak with the nurse
6. If you experience tenderness/pain following the procedure, please take Tylenol or extra-strength Tylenol. If this is not adequate, call our office and ask to speak with the nurse.
7. Please avoid any pressure directly over the reconstructed nipple (ie. Snug bra, sleeping on your stomach) for 7 days.
8. The nipple size and contour will gradually take shape and may reduce during the first few weeks following the procedure.
9. Your follow-up appointment will be made within 1 week following the procedure.