



NIPPLE PROCEDURE POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Blake Hospital Clinic

M-F 8 am- 4:30 pm

941-567-2876

Luminary Office

M-F 8 am- 5:00 pm

941-926-6553

After Hours Answering Service

941-567-2876

WHAT TO EXPECT AT HOME

- It is normal to have pain, bruising, and swelling of the breast or incisions after you get home. Within a few days or weeks, these symptoms will go away.
- You may need help with your everyday activities for a few days until your pain and swelling decrease.
- Try taking short walks as soon as possible to promote blood flow and healing.
- While you are healing, LIMIT your physical activities so that you DO NOT stretch your incisions.
- Please sleep and rest with your back propped on several pillows. You DO NOT want to lay flat and enhance swelling to the chest for several days.
- DO NOT do any heavy lifting (greater than 10 pounds), strenuous exercise, or overstretching your arms for 6 weeks.
- DO NOT drive if you are taking narcotic pain medicines. You should have full range of motion in your arms before you start driving again.
- Ask your surgeon when you can go back to work or start other activities.

WOUND CARE

- Please leave all dressings on and dry at all times.
- At your first follow-up, the dressings will be changed and you will be instructed on further care of the nipple.
- DO NOT take baths, soak in a hot tub, or go swimming until your surgeon says it is okay.
- DO NOT get the dressings wet.

OTHER SELF-CARE

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.

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- DO NOT apply ice or heat to your breasts.
- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk of complications and infection.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling, yellow or green drainage, bleeding.
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

FOLLOW-UP

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery