

NIPPLE RECONSTRUCTION POST-OP INSTRUCTIONS

Wound Care:

-Remove your dressings daily. You may shower the next day, wash over sutures gently with soap and water. If incision develops scabs or crusts: soak the incision 3-4 times daily with warm wet washcloth for 5-10 minutes- then gently dab the area to remove scabbing.

-Apply **Bacitracin Ointment** 2-3 times daily over sutures/nipples for 3 weeks. Apply thick gauze dressing, with a hole cut out of the center, to splint the nipple.

- Avoid soaking in a bathtub, swimming pool, hot tub, pond or lake for 3 weeks.

Activity:

Garment:

-Wear a loose fitting cupped bra to avoid pressure on the nipples.

When to Call the Doctor:

-If you develop a fever or have redness, swelling, purulent drainage in the operative site that could indicate infection; or persistent or increased bleeding please call the Doctor immediately.

-If you have any questions or concerns please call the office at 937-886-2980.

Follow Up:

-Your follow up appointment can be made ahead of time for 7-10 days following your surgery date, if you have removable stitches, or for 1 week for stitches to be removed at this time (all of which will be decided upon by your doctor).