

# RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D.

## NIPPLE RECONSTRUCTION POST-OPERATIVE INSTRUCTIONS

**SURGICAL BRA:** If a bra was placed during surgery, you should wear this bra or another loose-fitting bra for the first week. Do not wear a compressive or tight bra during this first week. The bra can be washed when it gets soiled. After the first week, you may return to wearing your normal bra.

**BANDAGES:** There will be gauze covering the nipple, held in place with clear tape bandages. There may be a small amount of oozing on the bandages, which produces spotting, over the first several days. This is normal. You should remove all of the gauze and clear bandages holding them in place **FOUR DAYS** after surgery. At that point, the surgical sites can get wet in the shower. **DO NOT** put ice, cold packs, or heating pads on the bandages or on your breasts.

**ACTIVITY:** Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities at one week and slowly increase to normal activities as your body tolerates.

**POSITIONING:** Do not lie on your belly for one week. It is alright to lie on your side while sleeping.

**BATHING:** You may shower one day after the surgery. Just let the water gently run over the bandages, then pat everything dry. After the bandages are removed four days after surgery, the surgical site can get wet in the shower. No tub baths, hot tubs, swimming, etc. until you are cleared by Dr. Hubert. There may be tiny dissolvable stitches which look like hairs. They will fall out on their own. You should apply a very light coat of antibiotic ointment (such as bacitracin, polysporin, or neosporin) to the reconstructed nipple(s) once daily.

**MEDICATION:** You may receive prescriptions for pain medication and possibly an antibiotic. Take the pain medication as needed and the antibiotic until it is finished, according to the directions. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

**PHARMACY:** Your prescriptions were sent electronically to the following pharmacy: \_\_\_\_\_

**NUMBNESS:** Numbness or unusual sensations of the breasts are to be expected. It can take several weeks to months for these to resolve. Occasionally there may be persistent numbness. If your breasts become increasingly painful, tender, or red, please call the office.

If you have any questions, contact our office (**804-285-4115**).

### FOLLOW-UP APPOINTMENT:

( ) Your appointment is scheduled for \_\_\_\_\_.

West Creek Office of Richmond Plastic Surgeons  
1630 Wilkes Ridge Parkway, Suite 201  
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons  
14401 Sommerville Court  
Midlothian, Virginia 23113

( ) Please call **804-285-4115** to schedule an appointment for \_\_\_\_\_.