



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

POST OP INSTRUCTIONS FOR NIPPLE RECONSTRUCTION

Please review the following discharge instructions and be sure that you understand them.

After discharge from the surgical facility, eat lightly, and keep your level of physical activity to a minimum. It is recommended that you do not make any life altering or legal decisions for the first 24 hrs after receiving anesthesia.

Take your prescriptions as directed. Take the antibiotic as directed until the supply is exhausted. If you develop a diffuse skin rash, diarrhea or a vaginal infection, please call, as the problems may be related to your prescription medications.

As before surgery, avoid taking Aspirin, Advil or any medications containing Aspirin for 2 weeks after surgery. You may take Tylenol. Do not drink any beverages containing alcohol, or drive while taking prescription pain medication.

There will be a small antibiotic ointment soaked gauze applied directly over the reconstructed nipple. Do not remove this dressing, During the 1st 24-48 hrs it is common to have drainage from the incisions. The drainage is commonly pink/red in color. This is normal. You may reinforce or change the outer dressings if they become saturated. You may resume tub baths and showering after the first office visit. Avoid sleeping on your abdomen for one week. There will be some swelling in the reconstructed nipple site, which will gradually decrease with time.

Please call the office if you develop any of the following symptoms:

- 1) Severe swelling or bruising on one or both sides
- 2) Significant drainage of blood or pus from any of your incisions
- 3) Temperature of 101 ° or greater

It is your responsibility to schedule your post-operative visit by calling our office.

1st Post Op visit : 3-4 days after surgery.

***** SURGERY AND SMOKING DO NOT MIX *****

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at: **949-640-0999**