



Nipple Reconstruction

Post-Operative Instructions

Sutures

The incisions are closed with dissolvable sutures that do not require removal. They are often hidden under the skin, so you will not see them.

Dressings

I use waterproof dressings to cover the incisions, which protects the wound for the first week and is removed at your first post-op appointment by the nurse.

The dressings enable you to shower as soon as you like, however, you will need to refrain from swimming and bathing for approximately 1 to 2 weeks

Support garments

You do not need to wear a specific bra after nipple reconstruction surgery.

Medication

During your surgery I will use a local anaesthetic, which will ensure you do not have pain during the procedure or for approximately 3 hours post-surgery. After this, you may need additional analgesia in the form of Tylenol and ibuprofen. You do not need any post-operative antibiotics as there is a minimal risk of infection.

Recovery

You will need someone to drive you home after the procedure in case you feel faint or unwell. Most patients return to work the following day.

You can return to normal activities after a couple of days, although I would avoid swimming for one week and contact sports for 2 weeks after surgery.

Follow up

Before you are discharged from the clinic or hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in the clinic 2 weeks following your procedure, but if you have any problems, I will review you before then.



Anne Dancey
PLASTIC SURGERY

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You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent then please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

Anne Dancey

Dr Anne Dancey

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