



Inverted Nipple Correction Post-Operative Instructions

Sutures

The majority of wounds 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 surgery. I recommend a soft bra, that is not too tight to avoid compressing the nipple for approximately 2 weeks post-operatively.

Medication

During your surgery I will use a local anaesthetic, which will ensure you do not have pain during this short procedure, and 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 leave the clinic, you will be given a follow up appointment to see my nurse one week post-operatively. I normally see you in the clinic 2 weeks following your procedure.



Anne Dancey
PLASTIC SURGERY

Inverted Nipple Correction Post-Operative Instructions

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, 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

Plastic and Reconstructive Surgeon FRCS(Plast), MBChB(Hons), MmedSci(Hons)
and MCh(PASP)