

## **Post-Op Instructions for Nipple Areolar Reconstruction**

- Keep all breast dressings in place until we see you at your 1<sup>st</sup> follow-up appointment, usually 5-7 days after surgery.
- We have several options for dressings that we might select for you, based on any skin sensitivities or additional procedures we might be performing during your surgery:
  1. If you wake up with large, clear plastic dressings over bulky gauze pads:  
Showers are **OK** to take, as long as you do not get water trapped beneath the dressing which will soak the gauze pads. Call us if this happens to change the dressing.
  2. If you wake up with yellow pressure dressings (they look like gift-wrapped little packages):  
You may **NOT** take a shower... we do not want these to get wet. We will remove these dressings at your first post-op appointment, and then you may shower.
- We will give you nipple protectors at your 1<sup>st</sup> post-op appointment to wear under a bra. You will wear these for an additional 2-3 weeks.
- We will remove any visible stitches from your nipple grafts at your 2nd post-op visit.
- If your healing skin grafts are dry and flaky, you may apply a light layer of Aquaphor daily, as needed, unless directed otherwise.
- Do not submerge your breasts in water (ex. Bathtub, pool, hot tub) until the nipple grafts have completely healed. We recommend waiting 4-6 weeks post-operatively.
- You may pursue nipple tattooing ~2-3 months after your nipples have healed. We will refer you to professional medical tattoo specialists.