



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

NIPPLE/AREOLA RECONSTRUCTION HOME INSTRUCTIONS

DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

ACTIVITY

- You may not shower until the dressing is changed by Dr. Heistein. After the dressing is changed, then you may shower. Let the water gently run over the nipple and areola and other incisions. Pat dry gently when done.
- You may NOT submerge in water in a bathtub or pool.
- You must take it easy. Do not do any strenuous activity.
- Avoid straining, bending over, heavy lifting, or exercising at this time.

MEDICATION

- *Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!*
- Take pain medication as prescribed and directed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

WOUND CARE

- *Do not smoke!*
- Do not remove dressing unless instructed by Dr. Heistein.
- After the dressing is removed, then apply thin layer of Neosporin ointment followed by an Adaptic (non-adherent) gauze – cut hole in center to allow for nipple. Then cover with sterile gauze and secure with tape gently.
- If you have an incision in your groin or on another part of your body, change the gauze pad over it once daily.
- Do not shower until after your dressing has been changed by Dr. Heistein. Then rinse area gently with soap and water – pat dry.

PROBLEMS

Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:

- Temperature above 101.
- Excessive drainage.
- Change in the color of your new nipple or areola – especially to blue or black.
- Increased pain that is not relieved by pain medication.
- Nausea or vomiting.
- Bruising is common with this procedure. Call if it becomes excessive.
- *If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.*

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.
- If you had local anesthesia, you may have pain at the incision site when the medicine wears off.

SPECIAL INSTRUCTIONS

FOLLOW - UP

- Please call today to schedule your post-operative appointment for tomorrow (unless previously scheduled)