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Postoperative Instructions after Nipple Reconstruction

You may be bruised and swollen following surgery. The swelling will be greatest for 36 hours after surgery. You may have some oozing of blood from your incisions for several days postoperatively. You can expect the swelling to diminish after the first 5-7 days. The bruising may persist for 10 days or longer.

You can promote more rapid healing by following these simple rules.

1. Drink 8 glasses of water a day.
2. You may shower after surgery but do not get your protective dressing wet. You will be given instructions for care at your next office visit.
3. Take your prescribed antibiotics and/or pain medication as directed.
4. Do not exercise until your doctor instructs you to do so.
5. Do not smoke following your surgery.
6. Do not take Aspirin, Advil, Motrin, Naprosyn, Ibuprofen or other non-steroidal anti-inflammatory medications unless your Doctor instructs you to do so.
7. Call your doctor if you have any increasing pain, swelling, fever, chills, vomiting or other concerns.