

# Nipple Reduction

## Pre & Post Operative Instructions

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### Your Surgery (please select one option):

- **Option A: Local Anesthesia Only:** This option involves the use of medications like Lidocaine to numb the specific area of your body where the surgery will be performed. You remain fully awake and alert during the procedure, feeling no pain in the treated area. This method is ideal for patients who prefer the simplest form of anesthesia, allowing for a quicker recovery time and minimal postoperative side effects.
  - You do not need to fast, and may eat & drink whenever you choose.
  - You may drive yourself home & do not require a caregiver after surgery.
- **Option B: Local Anesthesia with Sedation:** This option combines local anesthesia with oral & IV sedative medications to help you relax during the procedure. While you will be awake, the local anesthetic ensures you do not feel pain at the surgery site, and the sedatives help create a more comfortable and less anxious experience. This method is often chosen by patients who may feel nervous about the surgery but prefer not to undergo general anesthesia.
  - **Instructions:** Nothing to eat or drink for 3 hours before surgery. This includes water, mints, candy, or gum.
  - **Post-Surgery Transportation:** It is essential to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
    - **Why?:** After surgery, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period.

*Note: If your procedure is combined with another surgery that requires general anesthesia, your surgeon or nurse will provide specific fasting and medication instructions.*

## Shopping List

- ☐ Tylenol (Acetaminophen): Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS (such as Ibuprofen & others).

## Pre-Operative Instructions

### Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: [Preoperative Instructions for Your Upcoming Surgery](#) &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.

### The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Medications:** If your procedure is scheduled under local anesthesia or light sedation, you should take your usual morning medications with a small sip of water, unless otherwise instructed by your surgeon.
- **Showering**
  - Please take a shower with mild soap on the morning of your surgery. This step is essential for minimizing infection risks.
  - After showering, do not apply lotions, creams, deodorants, or any other products to your skin, especially in the area where surgery will be performed.

- **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up.
  - If you have metal hair extensions (such as clip-in or microbead extensions), please inform your nurse before surgery.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head, particularly if your surgery involves the upper body. A button-up or zip-front top is ideal for after the surgery.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

*Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.*

## Post-Operative Instructions

### Medications

1. Tylenol (Acetaminophen):
  - Pain Relief: Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. Narcotic Pain Medication:
  - Prescription Medication: If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
  - Preventing Constipation: You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. Zofran (Ondansetron):
  - Nausea Prevention: Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. Antibiotics:
  - Infection Prevention: If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
5. Sinnech (Arnica Montana):
  - Reducing Swelling and Bruising: Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can potentially speed up your recovery process. Please follow the specific dosage instructions provided.

### Nutrition

- Diet: Start with small light meals and progress as tolerated.
- Hydration: Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.

## Activity

**Movement:** Begin walking gently the same day of surgery to help circulation and reduce the risk of blood clots.

**Driving:**

- Do not drive while taking narcotic pain medications.
- Resume driving only once you can safely perform all driving motions without pain or limitation.

**Arm Use & Lifting:**

- Avoid reaching overhead or lifting anything over 5 pounds for at least 2 weeks.

**Exercise:**

- Avoid strenuous activity and upper body workouts for at least 1–2 weeks. Most patients can gradually resume light activity after this point. Recovery is highly individual, so follow your surgeon's guidance. If nipple reduction is performed alongside other breast procedures, your restrictions may be longer (4–6 weeks).

*Note: These are general guidelines. Everyone recovers differently. If you have specific concerns or need personalized activity recommendations, please speak directly with your surgeon.*

## Bathing & Swimming

- **Showering:** You may shower 24-48 hours after surgery. Your incisions are covered with waterproof dressings and require no special care during this time.
- **Hot Tubs/Baths/Swimming Pools.** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

## How to Care for Your Incisions

**Incisions:**

- Incisions are sealed with surgical glue and/or covered with Steri-Strips. Do not remove or pick at the glue or strips.
- Let the glue fall off naturally; this may take 1–2 weeks.
- **Sensation Changes:** Temporary numbness, tingling, or increased sensitivity in the nipple area is normal during the healing process. Most changes resolve over time, but please report anything persistent or severe to your surgeon.

- **Sleep Position:** Sleep on your back with your upper body slightly elevated (using pillows or a wedge) for the first 1–2 weeks. Avoid sleeping on your stomach or sides until cleared by your surgeon.

#### Stitches:

- All stitches are dissolvable and will not require removal unless otherwise specified.

#### Dressings:

- You may be asked to place nonstick gauze pads inside your bra or clothing to reduce friction and protect the area. Change daily or as needed.

#### Support Garment:

- A light, supportive, non-underwire bra or garment may be recommended for comfort. Your surgeon will provide guidance.

#### Sun Exposure:

- Protect incisions from direct sunlight for at least 1 year. Use SPF 30+ if exposed.

## Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

## Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

## Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

## Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: <a href="mailto:clinicalrn@drshimching.com">clinicalrn@drshimching.com</a>	<ul style="list-style-type: none"> <li>• General recovery questions</li> <li>• Appointment inquiries</li> <li>• Prescription refills</li> </ul>
Urgent Questions or Concerns	Office Phone: (808) 585-8855  <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	<ul style="list-style-type: none"> <li>• Swelling, bruising, or redness</li> <li>• Severe pain</li> <li>• High fever</li> <li>• Unusual discharge or odor</li> <li>• Uncontrolled bleeding</li> </ul>
Medical Emergencies	Call 911 or go to the nearest emergency room	<ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Chest pain</li> <li>• Severe calf pain</li> <li>• Signs of heart attack or pulmonary embolism</li> </ul>

### Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.