

Inverted Nipple Correction

Pre & Post Operative Instructions

Understanding Your Surgery with local anesthesia

- Local Anesthesia Case: (please also select either option A or B)
 - **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 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.

Note: If this procedure is performed with another surgery, follow the more restrictive 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.

4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
 - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
 - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

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

- **Fasting:** Follow the fasting guidelines set by your surgical team. For patients receiving sedative medications in addition to local anesthesia, this generally includes not eating or drinking anything, even water, for 3 hours prior to your surgery. Please contact our office via email if you require further clarification.
- **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. We cannot take responsibility for lost items.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Menstruation and Surgery**
 - If you are on your menstrual period on the day of surgery, you may wear a sanitary pad or disposable underwear.
 - For safety reasons, internal menstrual products (such as tampons or menstrual cups) are not used.
 - After surgery, if you need menstrual supplies before leaving the facility, pads can be provided upon request. Application of any menstrual product is performed by the patient.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head. 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.

Post-Operative Instructions

Medications

- Tylenol (Acetaminophen):
 - May be taken as needed for mild to moderate discomfort.
 - Avoid NSAIDs (such as Ibuprofen, Advil, or Aleve) unless specifically approved by your surgeon, as these can increase bleeding risk.

Activity

- Rest the day of surgery.
- Light walking is encouraged starting the same day or the following day.
- You may resume most normal daily activities as tolerated.
- Avoid strenuous exercise, heavy lifting, or activities that place pressure or friction on the nipple area for 2–3 weeks, or as directed by your surgeon.
- Avoid tight bras, compression garments, or clothing that rubs directly on the nipples unless specifically instructed.
- You may drive once you feel comfortable and are not taking sedating medications.

Sleep

- Sleep in a position that avoids pressure on the chest and nipples.
- Elevating your upper body slightly may help reduce swelling and discomfort for the first few nights.

Incision & Nipple Care

- Keep the surgical area clean and dry.
- Follow your surgeon's instructions regarding dressings or protective coverings.

- Do not manipulate, squeeze, or apply pressure to the nipples during the healing period.
- Avoid applying creams, ointments, or topical products to the surgical area unless specifically instructed.
- Protect the area from sun exposure while healing.

Bathing & Showering

- You may shower as directed by your surgeon, typically within 24–48 hours.
- Allow water to run gently over the area; do not scrub.
- Avoid soaking in bathtubs, swimming pools, or hot tubs until cleared by your surgeon (usually for at least 2-4 weeks).

What to Expect

- **Swelling & Bruising:**
Mild swelling and bruising are normal and typically improve within 1–2 weeks.
- **Discomfort:**
Mild soreness or tenderness is expected and usually well controlled with Tylenol.
- **Sensation Changes:**
Temporary numbness, tingling, or sensitivity changes of the nipple may occur and usually improve over time.
- **Drainage:**
Small amounts of spotting or light drainage on dressings may occur during the first few days.

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

Follow-up Care

Prioritizing Appointments: Attending follow-up appointments is crucial for monitoring your recovery and ensuring the effectiveness of your treatment. Please prioritize these appointments to ensure optimal care and address any concerns you may have.

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: clinicalrn@drshimching.com | <ul style="list-style-type: none"> • General recovery questions • Appointment inquiries • Prescription refills |
| 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"> • Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding |
| Medical Emergencies | Call 911 or go to the nearest emergency room | <ul style="list-style-type: none"> • Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism |

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.