



Plastic Surgery & Dermatology Associates (PSDA)

Dr. Lowe's Instructions for: HOME CARE AFTER NIPPLE RECONSTRUCTION

- After the nipple is finished, your breast will be covered with a yellow Vaseline strip and a protective gauze dressing. Do not remove it or get it wet for 2 days.
- After two days, remove all dressings and shower.
- When showering, gently wash the nipple area with fingertips and soapsuds, rinse, and gently pat dry. Avoid a hard shower stream.
- Apply a thin layer of Vaseline ointment to the nipple twice a day for one week.
- A nipple protector dressing needs to be worn at all times for two weeks. This can be a clean dressing like the one made in the office or an over-the-counter, clean, soft kitchen sponge with no abrasive side. Cut a hole in the center to fit and protect the new nipple.
- In case of discomfort, you may take over-the-counter pain medicine such as Tylenol.
- The sutures will be removed or be absorbed within 14 days. In most instances they are dissolvable and may only need to be trimmed.
- Follow-up is at the discretion of your physician, but usually 2-3 weeks. Please notify the office if significant redness occurs or nipple turns blue or black.
- You will receive dressing supplies and antibiotic ointment prior to leaving the office or the OR. Patients who undergo other procedures such as liposuction or breast lift may need to be admitted over night. A surgical bra worn for two weeks with extra dressing or pressure over the area of liposuction in the axilla will optimize the liposuction results. However, no pressure should be placed over the new nipple.
- The nipple position is often limited by previous scars, and the nipple projection will decrease over the next several months. A nipple and areolar tattoo can be done eight weeks later.