

Nipple/Areola Reconstruction Post-Operative Care

- Schedule your post-op appointment 5-7 days after the procedure.
- You may resume all medications as per your medical doctor.
- After surgery, take your medications as prescribed. Having some pain and soreness is normal, but if you have any concerns please call the office.
- DO NOT get the bolster dressing (the yellow round dressing) wet.
- You may take a normal shower but keep the bolster dressing dry by covering it with plastic wrap or holding a cup over it.
- The bolster dressing will remain stuck to your new nipple/areola until you come in for your post-op appointment which at that time we will remove it and review further care.
- The bolster dressing contains antibiotic ointment which causes it to have a distinctive odor, it is normal.
- You may wear any bra as long as there is no underwire.
- The steri-strips are the thin bandages covering your incisions, this protects the surgical site and they will remain stuck on for a few weeks, we will replace any that have fallen off for you when you come into the office.
- Avoid any strenuous exercise after the procedure. Walking is ok.
- If you have a fever, or any new unusual redness/swelling/discharge, please call the office at 201-289-5551.