



## **Lowe Plastic Surgery (LPS)**

### **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 unless otherwise instructed.
- 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 3-4 days.
- A nipple protector dressing is recommended as much as possible for approximately 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 or medicine prescribed by your Physician.
- The sutures will be removed or be absorbed within several weeks. In most instances they are dissolvable and may only need to be trimmed.
- Follow-up is at the discretion of your physician, but usually within one month. Please notify the office if significant redness occurs or nipple turns blue or black.
- You will need to pick up dressing supplies and ointment after surgery in most cases. Patients who undergo other procedures such as breast revision, scar revision, or breast lift may need to be admitted over night and will often require other instructions. A surgical bra worn for several weeks with extra dressings will optimize the results. However, patient should avoid direct over the new nipple during this time period.
- The nipple position is often limited by previous scars, and the nipple projection will decrease over several months. A nipple and areolar tattoo can usually be performed eight weeks after complete healing.