

## Pre and Post-Operative Instructions for Nipple Reconstruction

### Charleston Plastic Surgery

**You have undergone major surgery. For a speedier recovery, please follow these instructions:**

- You will need to purchase a camisole bra. Bring this with you on the day of your surgery. You will be placed into your camisole bra post-operatively and you will need to wear your camisole bra according to your doctor's recommendations.
- Please get all your prescriptions filled prior to surgery. Review the pharmacists printed instructions as well as potential adverse reactions. Be sure that your caregiver is familiar with the medications and instructions. *Please be sure to take your antibiotic until it is gone.*
- Apply Aquaphor ointment to the affected area three times daily. Keep area moist.
- PAIN: You may have discomfort for several days. Starting the day after surgery we want you to take Ibuprofen 200mg, 4 times per day. You may take Tylenol if you are allergic to Ibuprofen or if you are not allowed to NSAIDS. Please do not exceed 3200mg of Ibuprofen or 4g of Tylenol per day. Remember, narcotics may cause constipation, please drink plenty of water. You may use a stool softener if you have not had a bowel movement in 3 days.
- SMOKING: No nicotine is tolerated at least 4 weeks prior to surgery and for at least 8 weeks after surgery. Avoid secondary smoke. Nicotine will constrict blood vessels, leading to poor wound healing.
- DRIVING: Do not drive a car or operate machinery for at least 24 hours and until you are no longer taking narcotics.
- EXERCISE/ACTIVITY: After 3 weeks you may begin normal physical activities. Wait an additional 3 weeks before you resume strenuous activities. You may return to light work whenever you feel able after surgery, but first check with your doctor.
- SHOWERING: You may shower after 48 hours unless otherwise informed by your physician.
- COMPLICATIONS: If you experience a sudden fever of 101 or greater, increased swelling, redness, heat, or profuse bleeding please call our office for advice: 843-722-1985