

AFTER YOUR BREAST REDUCTION FREE NIPPLE-AREOLAR GRAFT SURGERY

- Your breasts will be wrapped in gauze that is covered with an ace bandage. If the ace bandage feels too tight, you may loosen it so that it is comfortable. There will be brown hypoallergenic sterile tapes covering your incisions and a clear plastic dressing covering the foam and gauze dressing on your nipple-areolar grafts.
- You will have a drain coming through the incision on each side to remove the blood and fluid that accumulates after surgery. Please read the accompanying drain care instruction sheet for information on emptying and recording your drainage. You may not shower with the drains in place. Tub baths are permitted as long as the dressing stays dry.
- Take your antibiotics and pain medications as directed.
- If your stomach is not upset, you may resume your normal diet. If you do feel some nausea, limit your first meal to liquids, such as soup or juice. Use your anti-nausea medications as needed.
- Your activity is limited to walking for the first two weeks post-operatively. You may climb stairs if necessary.
- A support bra provided by the surgery center will be placed on you when your drains are removed. Additional bras may be purchased through Marena Comfort Wear (1-888-462-7362). It is recommended that you wear your surgery bra, or a similar type of support bra, 24/7 for 6 weeks post-operatively.
- You will need to be seen one week after surgery to remove the dressings on the nipple-areolar grafts and your drains. Please bring your drain record with you to this visit. After your drains are removed, you will need to cover the drain sites with antibiotic ointment, gauze and tape that may be purchased at any pharmacy. Dressings may be changed once daily or as often as needed for the next 3 days. You may shower 24 hours after your drains are removed.
- Once your dressings and sutures are removed from your incisions antibiotic ointment should be applied twice daily to the nipple areolar complex. Non-stick gauze should be applied to the area to protect it from rubbing against clothing. Pigment typically returns to normal on a nipple-areolar graft after one year.
- Do not lift any object heavier than 5 pounds for 6 weeks. Avoid gym, work-out activities, and all sports for 6 weeks. After 6 weeks, you may gradually return to all strengthening and impact activities. Sexual activity may be resumed after 2 weeks.
- You may not smoke or be in the company of second hand smoke for 6 weeks after surgery.
- You may not get into a hot tub, pool, lake, river or ocean until all the incisions are fully healed and there are no open areas; this usually takes 6-8 weeks.
- The results of your breast reduction surgery are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Final shape, size, and scarring may take 1-2 years.
- Biocorneum, a silicone gel scar cream is recommended to use four weeks after surgery; you may purchase this in our office. You will need to be seen 6 weeks and 12 weeks after surgery to assess your healing.
- A repeat mammogram is recommended 6 months after surgery for a new baseline examination.