



**ELLIOT M. HIRSCH, MD**  
PLASTIC & RECONSTRUCTIVE SURGERY

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4955 Van Nuys Blvd, Suite 715, Sherman Oaks, California, 91403  
Phone: 818-825-8131 • Fax: 818-616-1044 • [www.hirschplasticsurgery.com](http://www.hirschplasticsurgery.com)

## **Inverted Nipple Post-Operative Instructions**

**Medications:** Your greatest discomfort will be in the first 24-48 hours after your procedure. If you have pain, you should take your prescribed pain medication or Tylenol. After 48-72 hours, you can take Ibuprofen if desired. Take your pain medication with food to avoid nausea or stomach discomfort. Pain medication can be constipating, so be sure to eat fruits and vegetables. Drink plenty of fluids as well.

**Dressings and Incision Care:** Your nipple will be anchored to a medicine cup to help support the repair in the early postoperative period. It is important that you do not disturb the stent or the suture that is anchored to the nipple, as well as the tape that is holding the gauze under the stent in place. Please keep the stent and gauze clean and dry at all times. After the stent is removed, you can shower and wash your nipples like you normally would. Apply ointment and gauze to the nipples. Wear a loose fitting bra to avoid compression on the nipples.

**Activity:** Make sure that you are up and walking and moving around the first night after surgery, this is very important! You will find that the more you move around, the better you feel. Please avoid strenuous activity or any lifting greater than 20 pounds until you are seen by Dr. Hirsch.

**Diet:** You may resume your regular diet

**Special Instructions:** \_\_\_\_\_

**When to Call:** A small to moderate amount of clear to light pink drainage from the incision is normal. However, if this drainage is dark, bloody, or foul smelling, please call Dr. Hirsch.

Please call Dr. Hirsch's office if you are experiencing any of the following:

- fever of 101 or higher
- severe pain not responsive to pain medications
- increasing swelling
- increasing redness
- pus or foul-smelling drainage from the incision.
- discoloration of the nipple

If you have any other questions or concerns, feel free to call our office at any time: 818-825-8131.

Follow up: \_\_\_\_\_