

Post-Operative Discharge Instructions
Free-Nipple Breast Reduction

Diet:

Resume your regular diet. Start slow and bland (crackers, toast), then work up to normal foods.

A higher protein intake is recommended to help your body heal. Consider adding protein bars, powder, or shakes to your daily intake.

It is important to drink plenty of fluids so that you do not become dehydrated.

Wound Care:

You have dissolvable sutures under your skin and medical skin glue or tapes on top. Leave this in place until it falls off on its own. This usually takes 2-4 weeks.

You have a yellow "bolster" dressing sewn in place over your grafted nipples. This helps the nipple heal to the breast and grow a new blood supply. If there is fluid build-up or motion at the nipple graft site, the nipple may be compromised and fail.

Keep the nipple dressings clean and dry. Do NOT allow water to run over this site until cleared at follow-up. Sponge bathe around the area.

Keep a pad over the nipple and incision sites at all times to prevent rubbing from bra. It is okay to remove the surgical bra and take a quick shower in 48 hours as long as **no water gets on your breasts/nipples**. After your shower pat areas dry, reapply pads over your incisions and nipples, and replace your surgical bra.

It is okay to temporarily remove your surgical bra and wash it.

Anticipate no underwire bra use for 6 weeks.

Do NOT smoke or use tobacco products. It WILL impair your healing and increase your complications, including death of your nipple(s).

Drain Care (if present):

Empty all drains at least daily, and/or when the bulb gets half full (50mL). Initially you may need to do this several times per day, but it will lessen as your body begins to heal.

Have someone help you with this.

Note how much fluid is in the drain bulb prior to emptying. Record these drain outputs each time (recommend using log sheet provided). Bring recording of daily totals to your follow-up office visit.

To begin, wash your hands with soap and water

Use one hand to hold the tubing tightly near your body (to prevent pulling out the tube). Put a small drop of water or soap on the thumb & index finger of your other hand, pinch the tubing and squeeze the fluid through the tubing toward the bulb.

Open drain bulb cap, record volume, and pour out drainage into a clean measuring cup. Flush drainage down toilet.

Squeeze the bulb tight and replace the cap to restart suction.

Secure the bulb(s) to clothing, bra, or binder so there is no tugging on the drain tubing.

Anticipate the color to slowly change from a deep red, to a lighter pink/red, and finally a yellowish watery color. It is normal for several large pieces of bloody clot to make their way through the tubing throughout your drain course.

- *If drainage becomes heavy (more than 200mL per drain in one day) or has redness or swelling at the incision or drain site(s), notify Dr. Geiger as soon as possible.*

If one breast suddenly becomes much larger than the other notify Dr. Geiger at once.

Activity:

Make sure you get out of bed and take frequent, short walks around the house. This will help you be less sore, and help prevent blood clots from forming in your legs.

No strenuous activity or straining until cleared by Dr. Geiger at follow-up. Usually you can resume light jogging 3 weeks after surgery, and return to full exercise activities 4-6 weeks after your surgery. Wait for clearance from Dr. Geiger prior to progressing.

Do not lift anything heavier than 5-10 pounds (a gallon of milk).

Make sure to do gentle arm and shoulder range of motion exercises to help relieve your soreness. However, no lifting arms above shoulder level, over your head, or extreme reaching as this may put too much stretch on your incisions.

No pushing or pulling (vacuuming, ironing, wiping counter type motions) until cleared at follow up

Avoid activities that may risk injury to your surgical site.

No driving while taking narcotic pain medications.

Do not sleep on your stomach or press anything against your chest (such as holding a small child) for 2 to 4 weeks.

Medications: See Patient Visit Summary for list of medications. Do not take pain medications on an empty stomach as this may increase nausea. Avoid Aspirin and NSAIDs (motrin, advil, ibuprofen, aleve) for the first week after surgery, then okay to start taking.

Pain medication: You may be prescribed Percocet or Norco for postoperative pain unless allergic or intolerant.

Antibiotic: You will likely have an antibiotic to take for the first week after surgery.

If you are taking narcotic pain medications you may experience some constipation. Drink plenty of water and eat plenty of fiber in your diet. Consider a fiber supplement such as Metamucil®, FiberCon®, or Citrucel®. It is okay to take over the counter stool softeners once or twice daily such as Docusate or Colace® found at your local drug store.

Other:

It is normal to have some discoloration and even shedding or scabbing of some of the nipple skin in your first few weeks of recovery. Be patient, and follow new wound care instructions after your first postop office visit.

It is normal to have some swelling and asymmetries in your breasts in your initial recovery period. Your breasts may look or feel different from one another. Remember, no two breasts are perfectly symmetrical in nature nor following surgery.

Follow up: Dr. Geiger in 7-10 days. Call office for specific appointment date and time if you do not already have one.

Office contact number: 314-205-6420

Other Instructions:

Should you experience any of these symptoms call the office:

- Fever of 102 degrees Fahrenheit or greater
- Persistent pain, nausea, or vomiting.
- Persistent bleeding.
- Shortness of breath.

- Significant redness or drainage from your incision.
- Significant leg swelling or calf pain
- Any other questions or concerns.

During business hours (8am – 5pm) call:

Chesterfield Plastic Surgery Office: 314-205-6420

On nights or weekends call:

Hospital exchange: 314-364-4176

General Postsurgical Instructions

You may expect to feel dizzy, weak, and drowsy for as long as 24 hours after receiving the medicine that made you sleep (*anesthetic*). The following information pertains to your recovery period for the first 24 hours following surgery.

Do not drive a car, ride a bicycle, participate in physical activities, or take public transportation until you are done taking narcotic pain medicines or as directed by your caregiver.

Do not drink alcohol or take tranquilizers.

Do not take medicine that has not been prescribed by your caregiver.

Do not sign important papers or make important decisions while on narcotic pain medicines. Have a responsible person with you.