

BARRY J. COHEN, M.D.,P.C.

Nipple Reconstruction **Post Op Discharge Instructions**

Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398.

After discharge from the surgical facility, eat lightly, and keep you level of physical activity to a minimum. It is recommended that you do not make any life altering or legal decisions for the first 24 hrs after receiving anesthesia.

Take your prescriptions as directed. Take the antibiotic as directed until the supply is exhausted. If you develop a diffuse skin rash, diarrhea or a vaginal infection, please call, as the problems may be related to your prescription medications.

As before surgery, avoid taking Aspirin, Advil or any medications containing Aspirin for 2 weeks after surgery. You may take Tylenol. Do not drink any beverages containing alcohol, or drive while taking prescription pain medication.

There will be a small antibiotic ointment soaked gaze applied directly over the reconstructed nipple. Do not remove this dressing, During the 1st 24-48 hrs it is common to have drainage from the incisions. The drainage is commonly pink/red in color. This is normal. You may reinforce or change the outer dressings if they become saturated. You may resume tub baths and showering after the first office visit. Avoid sleeping on your abdomen for one week. There will be some swelling in the reconstructed nipple site, which will gradually decrease with time.

Please call the office if you develop any of the following symptoms:

- 1) Severe swelling or bruising o one or both sides
- 2) Significant drainage of blood or pus from any of your incisions
- 3) Temperature of 101 ° or greater

It is your responsibility to schedule your post-operative visit by calling our office.

1st Post Op visit : 3-4 days after surgery.

THE SURGERY CENTER WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE.

Patient Signature: _____ Date: _____