Nipple Areolar Complex Reconstruction

Instructions for You Before and After Surgery

- Leave bandages that we place on your breasts after surgery in place. Keep them dry and clean. Do not bathe or shower the breasts unless we specifically tell you to do so. We may apply a clear, waterproof plastic dressing on the area to allow for shower.

- If there is a donor site for a skin graft, keep this area dry and clean.

- Wear a loose, comfortable jogging type bra as much as possible (soft, zips up front, loose and wide elastic band under breasts). Do not wear an “under wire bra” until we specifically tell you to do so.

- You may shower 2 days after surgery, if the breasts are protected with plastic dressing. Keep breasts dry.

- Be very gentle around breasts for 4 weeks at least, for healing of the tissues. Avoid use of upper arms, no reaching no heavy lifting, no driving if at all possible for 2 weeks. No sports or strenuous exercise for at least 4 weeks.

For questions or concerns, such as pain, drainage or fever, contact the Plastic Surgery Clinic:

Antioch Medical Center (925) 813-6330, after hours (925) 813-3100

Walnut Creek Medical Center (925) 295-5885, after hours (925) 295-4070

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.