



BOICE-WILLIS CLINIC  
**PLASTIC  
SURGERY**

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### **INSTRUCTIONS FOLLOWING NIPPLE AREOLA RECONSTRUCTION**

The final stage to creating a more natural appearing breast is the nipple-areola reconstruction. The ultimate goal is to maintain nipple projection. This is accomplished by the utilization of local rotational flaps. The reconstructed nipple is created 1 ½ to 2 times as large as desired to allow for loss of projection. The nipple will shrink over the next few weeks. The areola complex is created by micropigmentation (tattooing). This is performed approximately 6-8 weeks after the nipple reconstruction procedure.

#### **Care of the nipple:**

The recreated nipple is a delicate flap that needs to be protected against trauma and pressure. A nipple dressing is placed over the nipples and kept in place for approximately two weeks.

- 1) You may shower after your procedure with the nipple dressing in place. There is a waterproof layer of protection that keeps the nipple from getting wet.
- 2) Avoid smoking and any second-hand smoke during this recovery period.
- 3) Observe the breast for any signs of redness, swelling or increased warmth. Contact the office if any of these issues occur.

#### **Care of the tattooing:**

- 1) Antimicrobial ointment (Bacitracin or Neosporin) and a nonadhesive dressing have been applied to the area. A protective waterproof dressing is kept in place for one week.
- 2) You may shower on the day following the procedure. The dressing should keep the area dry.
- 3) A scab will sometimes form. This should be left in place since the pigment may be removed with any attempt to remove the scab. Initially, you may notice a small amount of bloody drainage, which is normal.
- 4) Observe the area for any signs of redness, swelling or increased warmth. Allergic reactions to the pigments are rare, but may occur. Notify the office of any itching swelling or unusual symptoms.
- 5) Color of the tattoo may fade over time requiring touch-ups at a later date on occasion.
- 6) Protect the nipple and areola from sun exposure for the first three months.

You will be asked to return to the office approximately 4-6 weeks after the nipple areola reconstruction for your final post-operative photos. Remember that you are encouraged to call the office with concerns or questions at any time.