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# Recovery Instructions

**NIPPLE AREOLA COMPLEX (NAC) RECONSTRUCTION**

Nipple Areola Complex (NAC) reconstruction is done about 3 months after breast mound reconstruction. The nipple and areola reconstruction are done together as an outpatient procedure. Patients may return to work in 5-7 days.

When you wake up from surgery you may have a silicone shield over your nipple graft.

The silicone shield is a white disk.

The purpose of the shield is to hold the areola skin graft in place.

You do nothing to this area until your first follow-up appointment.

The appointment will be 7-10 days after your procedure.

Circumareolar sutures will be removed one week after the surgery.

At the second follow-up visit, the rest of your sutures will be removed.

You may shower after the shield is removed.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 6 weeks.

Do not allow water from the shower to directly hit the breast. The shower water may be directed on your back.

You may shower with mild soap and water.

Allow your nipples to air dry.

You may start wearing a bra 3 weeks after surgery. The goal is to avoid direct pressure/constriction on the surgical site.

Physical therapy is not typically necessary for this procedure.

**When To Call**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

**Managing Refill Prescriptions**

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday 8:00 a.m. to 4:00 p.m and Friday 8:00 a.m. to 12:00 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends. Messages received after hours or on weekends will be processed the next business day.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday 8:00 a.m. to 4:00 p.m and Friday 8:00 a.m. to 12:00 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.