

J. Jason Wendel, M.D.

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Recovery Instructions

AREOLA AND/OR NIPPLE REDUCTION SURGERY

This is an outpatient procedure performed in the office.

Have someone drive you home after the procedure if you had any sedation.

If the procedure was done under local anesthesia and you are pain free, you can drive yourself home.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

Walk as soon as possible, as this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

Resume normal activities gradually.

Return to work in 1-2 days, depending upon the extent of surgery.

Incision Care

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips and/or surgical glue in place. If steri-strips fall off, you may leave them off.

Keep incisions clean, dry and inspect daily for signs of infection.

Showering is permitted 48 hours after the procedure.

You may remove surgical garment(s) to sponge bathe and/or shower.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 4 weeks.

What To Expect

Some bruising and swelling.

May have slight bleeding from incision. Apply dry, sterile gauze with slight pressure to control bleeding.

After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

Appearance

Most of the discoloration and swelling will subside in a couple of weeks.

Scars will be reddened for 6 months. After that, they will gradually fade and soften.

Final results of surgery may take 6 months to a year.

Follow-Up Care

Sutures will be removed in 10-14 days.

Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

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.