

After Nipple Reconstruction

For patients who had breast surgery

Read this pamphlet to learn more about:

- What you need to know when you go home
- How and when to change your dressing
- Who to call if you have questions



How to take care of myself at home



- Do not wear a tight bra or tight clothing over your nipple. This helps to make sure that the area does not shrink.



- You can shower 1 or 2 days after your surgery. **Do NOT wash the area where you had the surgery.** You can wash the area around the wound by using a gentle soap.



- No heavy lifting or going to the gym until the stitches are removed and incisions are healed for about 2 weeks.



- Patients after this procedure are able to return to work as early as the next day.

Caring for your wound

After your surgery, it is important to protect your new nipple.

The nurse or surgeon will put a dressing over the wound. You need to keep this dressing on for **7 to 10 days**. After 7 to 10 days, you can remove the dressing yourself. Please book an appointment to have your stitches removed in 10 days.

There are times when the dressing needs to be changed more often. We will tell you if it needs to be changed after your surgery.

You will be given dressing supplies when you go home. You can also buy dressing supplies at your local pharmacy or health supply store.

If you were asked to change the dressing:

Change your dressing 1 or 2 days after the nipple reconstruction.

Before you start, collect all the things you will need:

- three 4x4 gauzes with a hole cut in the middle
- a medicine cup
- tape

How to change my dressing

1. Wash your hands with soap and water.
2. Put two 4x4 gauzes with the hole cut in the middle on the nipple.
3. Put the medicine cup on again. Make sure it is in the right position.
4. Put another 4x4 gauze on top and tape the sides to keep the gauze in place.

Repeat steps 1 to 4 above once a day for the next 4 to 6 weeks.

You don't need to change the first layer of the original dressing (also called adaptic) unless you still notice some bleeding. The adaptic is the net-like dressing covered in Vaseline that prevents blood from sticking to the gauze.

What if I have questions?

Call your surgeon's office if you have any questions or concerns.

You can also call the Clinical Nurse Specialist at: 416 340 4800 ext. 5161.



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