



MOUNT AUBURN HOSPITAL

**TAYLOR & SULLIVAN PLASTIC SURGERY**  
**HELENA O. TAYLOR, MD, PhD, FACS**  
**STEPHEN R. SULLIVAN, MD, MPH, FACS**

300 Mount Auburn St Ste 304  
Cambridge, MA 02138

Phone: 617-492-0620 FAX: 617-492-0631

[www.massplasticsurgeons.com](http://www.massplasticsurgeons.com)



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

## **INVERTED NIPPLE CORRECTION AND AREOLA REDUCTION AFTERCARE INSTRUCTIONS**

- Please take your medications as directed by Dr. Taylor or Dr. Sullivan to manage discomfort or symptoms. You are likely to be given:
  - Acetaminophen (Tylenol) 1000 mg every 8 hours, space doses 4 hours after Ibuprofen so one or the other is taken every 4 hours
  - Ibuprofen (Motrin) 800 mg or Celecoxib (Celebrex) 200 mg every 8 hours, space doses 4 hours after Acetaminophen so one or the other is taken every 4 hours

### **WOUND CARE**

- You may shower or sponge bath the day of the procedure and wash your skin as you normally would with soap and water. Avoid soaking the incision, although it will not hurt to get a splash of water from the shower on the wounds. Gently pat dry after washing.
- You may wear a camisole, soft supportive bra, or no bra after surgery.
- Most wounds will be closed with absorbable sutures that are buried and skin glue. The skin glue forms a barrier to water. Please do not remove the glue, it will fall off on its own after a few weeks. Do not apply any lotions, potions, ointments, creams or solutions (e.g. no hydrogen peroxide or alcohol) as they can be harmful to the fragile healing tissue.
- You may apply ice packs to the nipple and areola for the first 48 hours to reduce swelling and bruising. Bags of frozen peas and corn make for excellent ice packs and can be held in place with a bra. Apply the ice packs for 20 min of each hour while awake.
- A small amount of bleeding from the edges of the incision is normal.
- Do not smoke or expose yourself to smoke, smokers or nicotine as wound healing will be compromised.

### **ACTIVITY**

- For the first few days following inverted nipple correction or areola reduction, avoid raising your blood pressure or heart rate as it can cause bleeding. You may otherwise carry on with all your normal activities of daily living and work routine.

### **GENERAL OUTCOMES**

- Mild swelling is to be expected. Please be patient.
- The incisions often appear lumpy and bumpy. This is normal and the incisions will flatten over a few weeks.

Please contact Dr. Helena O. Taylor or Dr. Stephen R. Sullivan for additional information on plastic surgery.

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- The areola can appear asymmetric or irregularly shaped. This is normal and is due to the dissolving suture - similar to the way a draw string works on a garbage bag. Please be patient, the irregular shape and asymmetry will resolve over a few weeks.
- Sensations like numbness, shooting pain, and burning are common during the healing process, may last several weeks, and gradually disappear. If the nipples are sensitive, it is best to desensitize them with gentle touch.
- Scars take one full year to mature. You may notice that they become red, raised and firm for several weeks to months before becoming soft, flat and pale. Avoid Vitamin E as it can irritate the scar. Mederma has no proven benefit and is likely not worth the expense. All incisions will be sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided. Silicone cream or skin moisturizer with sunscreen and gentle massage may be helpful.
- Please call our office (617-492-0620) if you have:
  - Continuous bleeding (a small amount bleeding from the incision is expected)
  - Significantly more swelling on one side when compared to the other
  - Worsening pain
  - Fever, spreading redness or irritation of the skin

It is important to be seen by Dr. Taylor or Dr. Sullivan after your operation. They will see you in follow-up appointments at regular intervals, typically 1 week, 3 months, and 1 year or as often as needed post-op. Call to schedule your appointments at Taylor & Sullivan Plastic Surgery office at (617) 492-0620 between the hours of 8:30 – 5:00 or visit our webpage at [www.massplasticsurgeons.com](http://www.massplasticsurgeons.com). We are always available for postoperative concerns or emergencies and can be reached through our paging service 24 hours per day at (617) 492-0620.

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