

Post-Operative Instructions / Nipple and Areola Revision:

TYPICAL POST-OPERATIVE SYMPTOMS:

Typical symptoms of breast surgery and signs to watch for following nipple and areola revision include the following:

Tingling, burning, or intermittent shooting pain: These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.** You may also feel minor discomfort at the graft donor site, if you have had a nipple graft.

Hypersensitivity of nipples or lack of sensitivity: This is normal and will gradually resolve over time. You may also experience a small amount of fluid or milk seeping through the nipples. **If this becomes painful or excessive notify our office immediately.**

Shiny skin or any itchy feeling: Swelling can cause the breast's skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts or at any nipple graft donor site. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry, the breasts look different, or heal differently: Breasts may look or feel quite different from one another in the days following surgery. This is normal; no two breasts are perfectly symmetrical in nature or following surgery.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest.**

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the breasts or any nipple graft site. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20-minute intervals.

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