



## **NIPPLE RECONSTRUCTION DISCHARGE INSTRUCTIONS**

### **FOLLOW UP CARE**

- Apply Aquaphor ointment three times a day to affected area after your first shower
- Keep nipple guard on until follow up visit for further instructions
- Do NOT wear a bra for 6 weeks
- If a follow up appointment was not made the day of surgery, please call the office to make one

### **ACTIVITY**

- Do not drive for 24 hours
- No strenuous activities for 6 weeks
- Do NOT shower for 48 hours

### **DIET**

- Resume previous diet as tolerated

### **MEDICATIONS**

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

### **PROBLEMS TO WATCH FOR**

- Fever over 101.4
- Increased swelling, redness and/or heat at operative site

**Call Dr. Harvey with ANY problems that concern you:** Phone # (843)722-1985. If you need immediate attention, go to the nearest Emergency Department.

**I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.**

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**Patient/Responsible Party**

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**Nurse Signature**