



# THE MICHAEL HORN

## CENTER FOR COSMETIC SURGERY

### Nipple or Areola Reduction Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

#### **After-surgery appointment schedule with nursing staff:**

1. **Initial follow-up appointment:** will be an in-office visit, one day after surgery.  
At this time, your incisions will be checked. It is very important that you remember your sports bra for this appointment.
2. **Second follow-up appointment:** will be in-office, six to ten weeks after surgery.  
This appointment timing will-be-determined by your recovery progress.  
At this time, your incisions will be checked for proper healing.

#### **Medications:**

**Arnica:** *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery- Dissolve 5 tablets under tongue 3 times daily for 5 days.

**Keflex (Cephalexin) 500mg:** *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

**Celebrex (Celecoxib) 200mg:** *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

**Norco (Hydrocodone/Acetaminophen) 5mg/325mg:** *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

**\*\*\*\*\* Please note:** Opioids can be addicted and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

**Allergies:** If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

**Medication Usage:** Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over the counter stool softener or laxative from the pharmacy.

**DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.**

**Bathing:** After 48 hours, you can resume showering as normal; no soaking, bathtub use, swimming and/or steam rooms should be used for two weeks after surgery.

**Pain Management:** You are likely to feel tired and sore for a few days following your surgery. You may also experience a burning sensation in your nipples for about two weeks, but this will decrease; typically, will typically resolve once the bruising fades. Sharp, shooting pains are also a common occurrence following surgery. Most of your discomfort will be controlled by the medication prescribed for you.

#### **Incision Care:**

1. Begin washing with antibacterial soap and water two to three times a day starting two days after surgery.
2. Remove Steri-Strips after 14 days if your incisions have closed.
3. Once Steri-Strips are removed, keep the incision moisturized with Aquaphor, Vaseline, or Bacitracin two to three times daily. (Massaging in circular motions with ointment will help decrease discoloration and help flatten out the scar making it less noticeable).
4. Start recommended scar treatment two to six weeks after surgery as directed by our staff.

**Activity:** Rest for one to two weeks, nothing that would increase your blood pressure. No heavy lifting for one week after surgery (ex: groceries, etc). You may begin light exercise (slow walking on the treadmill) after two weeks. Activity that is more vigorous can be restarted after six weeks. You may resume sexual activity as comfort permits, usually two to three weeks after surgery.

**Driving:** You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel; make certain you are able to perform all motions necessary for safe driving.

**Tanning:** Wait two weeks after surgery before you resume tanning. While tanning, cover incisions with sunscreen two months after surgery. If you do not cover your incisions, they **will** become darker and more noticeable.

**General instructions:**

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

**In case of:** Continuous or Heavy Bleeding  
Difficulty Breathing  
Fever/ Chills  
Continuous Nausea and Vomiting  
Excessive Drainage from Surgical Area

**Contact Dr. Horn or the clinical staff immediately.**

**During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.**