

POST OPERATIVE INSTRUCTIONS NIPPLE RECONSTRUCTION

MEDICATIONS:

- Allergies: _____
- _____: Take _____ every _____ hours if needed for pain. Substitute Tylenol for mild pain. Avoid aspirin and Ibuprofen products. Do not drive or drink while using this medication.
- _____: Take one _____ times daily for _____ days.
- Other: _____

INSTRUCTIONS:

- When you get home, call for an appointment to see Dr. Hoffman on _____.
- _____ You may shower if the clear dressings are sealed tightly. Do not change these dressings.
_____ Do not shower. Do not change the breast dressing. Keep it clean & dry until seen in the office.
- Sleep on your back. You may be most comfortable with two pillows under your head and one under your knees.
- Do not allow any pressure on the affected breast.
- No driving or housework for the first week. Do not lift your arms above your head. No exercise, straining or lifting until approved by Dr. Hoffman.
- You may return to work in about 1 week, unless otherwise specified by Dr. Hoffman.
- Call if you experience unusual pain, redness, swelling, bruising, bleeding or sustained fever.

Physician Signature

Date

Patient/Family Member Signature

Date