

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Nursing Line – 314-996-3201

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi- 314-996-8133
West County Plastic Surgeons Nursing Line	314-996-3201
General Questions and Office Appointments	Front Desk – 314-996-8800, opt. 2

Surgery DAY/TIME : _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures.

Nipple Reconstruction

SIX WEEKS BEFORE SURGERY

1. **Smoking affects healing.** Please **try to stop smoking or ANY nicotine products** for **at least 6 weeks before surgery and one month after**. If needed, we can prescribe Chantix to help you quit.
2. **Good nutrition can help optimize wound healing and speed your recovery from plastic surgery.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

TWO WEEKS BEFORE SURGERY

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed **“Medication and Supplement Alert List”** and let us know if you take any of them. For example, **garlic** and **ginseng can cause bleeding** even though they are homeopathic remedies and not true medicines. So please stop taking these, and any other non-prescription herbal medicines for two weeks before surgery. Also, **Aspirin** or **Plavix** should not be taken for 2 weeks before or for 2 days after surgery.
If you take these medicines for a pre-existing history of cardiac stents, stroke, clotting disorder, or other risk factors please let us know so we can work with your cardiologist or internist to ensure that eyelid surgery can be conducted safely. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.

EVENING BEFORE SURGERY

1. Drink 24 oz of a clear carbohydrate beverage or water
2. Eat a late dinner of your choosing
3. Have some jello and/or soup available for after surgery.
4. Get a good night’s rest.
5. DO NOT SMOKE

MORNING OF SURGERY

1. Drink 12 oz of water 4 hours before your surgery - *Do not drink milk, juice with pulp, cream, or sugar the morning of surgery*
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops or pantyhose. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. A vehicle that allows you to recline is best.

AFTER SURGERY

1. **Resting position.** While resting, keep your body flat or you can elevate your head and shoulders on at least 2 pillows for the first 24 hours.
2. **Diet.** You may start a light regular diet if your procedure was performed under local anesthesia. A light diet is best for the rest of the day after surgery if you had general anesthesia for this procedure. If you had general anesthesia, begin by taking liquids slowly and progress to soups or jello.
3. **Dressings.** We will put bulky dressings to surround and protect your nipples. These are stacks of gauze pads with a hole cut out of the middle where the nipple reconstruction goes. The gauze pads are secured to your chest with the surgical bra, and if required, surgical tape. The purpose of this dressing is for your bra not to crush your new nipple. **You should wear these protective gauzes for 3-4 weeks any time you wear a bra.** If you do not wear a bra and are wearing very loose clothes that do not put pressure on the nipple reconstruction, you can leave the protective gauze on. But, otherwise wearing a bra and the protective gauze is preferable.

Be prepared that you should wear these bulky dressings on your nipples for 4 weeks after the procedure when planning when to have your nipple reconstruction.

We will place polysporin cream and possibly a bismuth-impregnated dressing called *xeroform* on your nipple reconstruction under the bulky gauzes. These dressings should be re-applied daily under the bulky gauze dressings until stitches are removed 10-14 days later.

4. **Showering.** You may shower the day after surgery. The incisions can get soapy and wet, but avoid applying full showerhead pressure to them. Avoid soaking under water in a tub or pool.

OTHER POST-OPERATIVE INSTRUCTIONS

1. You may gradually resume normal daily activities after 24 hours, being careful to avoid any activity that causes pain or discomfort. Strenuous activities and exercises are to be avoided until 2 weeks after surgery. At that point, you may perform non-impact aerobics like the elliptical, stairmaster, arc trainer, or stationary bike. Running, impact aerobics, and light upper body work can start at 3 weeks after surgery depending on your comfort level. Start slow and progress as tolerated. Call your doctor if you have any questions.
2. Driving may be resumed within hours of nipple reconstruction surgery.
3. Mild bruising and swelling are normal. These will disappear with time.
4. If blood flow to the nipple reconstruction is reduced for whatever reason (smoking, second hand smoke, excess caffeine, previous surgery, individual anatomy, skin thickness,

etc) it can turn purple and scab. If you notice this, make sure the dressings on the nipples are loose and not compressive. Stay well hydrated. Do not apply pressure to the area. Contact our office for additional follow-up and instruction.

5. If you have any questions, sudden onset of extreme pain, fever, or redness, please call Dr. Myckatyn or Dr. Tenenbaum's office at 362-4263 or 314-996-8800.

RETURNING TO WORK:

1. Working from home : 1 day
2. Desk job : 1 day
3. Up on your feet a lot : 3 days
4. Manual labor : 2 to 3 weeks

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication. For many patients follow-up includes:

- a) Follow-up within 2 weeks with our Nurses to check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3-5 weeks, to address any concerns and to set up areola tattooing which is usually performed ~2 months after nipple reconstruction.