

BREAST RECONSTRUCTION:

Nipple Reconstruction

What to Expect

OPERATION DURATION

This procedure can be performed under Local Anaesthetic, Sedation (Twilight) or General Anaesthetic. It takes approximately 45 minutes per nipple.

HOSPITAL STAY

You will go home the same day. No overnight stay is required for this surgery.

What Complications May Occur With This Procedure?

GENERAL POSSIBLE COMPLICATIONS OF ANY PROCEDURE

- Bleeding
- Infection at surgical site
- Allergic reaction to equipment, materials or medication
- Blood clot in your leg or lungs
- Chest infection

SPECIFIC POSSIBLE COMPLICATIONS OF THIS PROCEDURE

- Wound healing problems - wound has delayed healing and may open up (dehiscence)
- Scarring on and around the new reconstructed nipple
- Nipple flattening
- Poor blood supply, loss of tissue or necrosis

How to Prepare for Your Procedure

HOW LONG SHOULD YOU BOOK OFF WORK

This will depend on the type of work you do:

- For office-based or non-strenuous jobs: you can usually return the next day if your procedure was under local anaesthetic, or after 2 days if it was under general anaesthetic.
- For physically demanding jobs: the time off required will vary depending on the nature of your work.

Your specific needs will be discussed with you individually.

If you require a medical certificate, please email admin@drduncantaylor.com.au.

FASTING

If you are having local anaesthetic only:
You do not need to fast.

If you are having a General Anaesthesia or Sedation (Twilight) Anaesthesia:

You cannot have any food or fluids (including lollies, chewing gum) 6 hours prior to your surgery.

You can have some sips of water only up to 2 hours before your surgery and then nothing after this time.

If you take regular medication, please check with our nurse to see if you should be taking your medication in the lead-up to/on the day of your surgery. Some medications should be withheld.

THE MORNING OF SURGERY

Please arrive at the hospital approximately 2 hours before your surgery start time - Our Practice Manager will email you your admission information (time/where to go) 1-2 weeks before your surgery date.

Dr Taylor will see you in the pre-operative area before you go into theatre. He will mark out your breast/s for your surgery; this must be completed whilst you are awake, as he requires you to be standing.

PRE-OP WASH

Please purchase a pre-op chlorhexidine wash from the pharmacy. Use this whilst showering, the night before and the morning of your surgery.

SURGICAL GARMENT

You are not required to wear a compression bra after this surgery. Please wear a soft bra or similar for 4 - 6 weeks to prevent the new nipple from being compressed.

Post-Operative Instructions

ACTIVITY

You can get up and move the same day after your surgery after recovering from your general anaesthetic.

You can not drive for 24 hours after a General Anaesthetic or Sedation, and you will need someone staying in the same house with you the night of your surgery.

Not applicable to Local Anaesthetic only.

PAIN RELIEF

You most likely will not have any sensation in your breasts post-reconstruction. Therefore, you will not have any pain post-surgery. If required, please take simple analgesia i.e. Paracetamol.

Do not take aspirin.

BLEEDING

If the wound starts to bleed, please apply firm pressure for 15 minutes. If a dressing is in place, please do this over the top of the dressing (do not remove the dressing).

This should control the bleeding. However, if it is not easily controlled or does not subside, please phone our nurse specialist during working hours, go to an after-hours GP clinic or visit an emergency department.

INFECTION

If your wound becomes hot, swollen, oozes pus, or you are spiking temperatures. Please phone our nurse immediately within business hours or attend your GP, after-hours GP or Emergency.

REMOVAL OF SUTURES, DRESSINGS & CARE OF WOUNDS

Some of the sutures used during this procedure will dissolve after 2-3 weeks. Some of the sutures used will require removal in our nurse clinic approx 6-9 days post op.

A bulky foam dressing will cover your wounds to protect your new nipples. Please sponge bath around your upper torso to avoid getting the dressing wet, and leave it intact until you are seen in the nurse dressing clinic. Your dressing will be removed at this appointment, and then you can shower as normal.

You will be supplied with a foam insert to wear inside your bra to protect your new nipples from being squashed. You will need to wear this for 4 weeks post-surgery. This foam is quite bulky and can be seen through tighter fitting tops in most cases. You might like to wear some loose-fitting tops for the first 4 weeks.

Do not immerse the wound in water, i.e. swimming or bathing for 3-4 weeks or until the wounds have completely healed.

SWELLING & BRUISING

You may experience this. Bruising takes around 2-3 weeks to resolve, and swelling can take up to 3 months to resolve completely. Please allow this time for your new nipples to settle. The size of your reconstructed nipple will reduce slightly from the size immediately after surgery. This will occur over the initial 2-3 months post-op.

Do not put ice or heat packs on your wounds.

SLEEP

Do not sleep on your stomach for 6 weeks.

Your Follow Up

If you are concerned or have questions, please call our clinic within business hours to speak with our practice nurse.

The following follow up appointments will be scheduled for you:

- 5-9 days post surgery Nurse check-up for wound checks.
- 6 weeks post surgery review consultation with Dr Taylor.