

## Inverted Nipples Post Op Instructions

### Rest

- ✓ Go home and rest.
- ✓ Avoid exertion or any trauma to the nipple area

### Bleeding

- ✓ Minor bleeding for the first 24 to 48 hours is normal. Apply direct pressure for 20 mins and contact Dr Belt if bleeding persists

### Wound Care

- ✓ Keep the wound clean and dry for 24 hours
- ✓ Leave the outer dressing intact for 12 to 24 hours
- ✓ Apply aqueous Betadine (Povidone) to the nipples twice a day for one week
- ✓ Ensure nipple bars are tightened to avoid the balls coming off the end of the bar
- ✓ Move bar gently from side to side to prevent pressure on the nipple
- ✓ You can shower and wet the area after 24 hours

### Pain Relief

- ✓ A prescription for pain relief will be provided to you to take as required.
- ✓ Avoid Nurofen, aspirin or non-steroidal anti-inflammatory drugs (NSAIDS) as these can promote bleeding

### Infection

- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
  - increased pain
  - temperature and flu-like symptoms
  - widespread redness
  - offensive discharge

### Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for a period of 1 week post-operatively
- ✓ Gentle exercises can be resumed after a couple of days

Please contact my rooms at any time during office hours if you have any concerns or directly on my mobile number for out of hours care. I always prefer to know if there is a problem before you go to your GP or other medical practitioner as I am responsible for your post-operative care. In the unlikely event that you cannot reach my staff or myself for post-operative complications, present to Greenslopes Emergency Centre.

### Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic, Level 1, 38 Misterton Street, Fortitude Valley Q 4006