



# Restifo Plastic Surgery

## PLASTIC & RECONSTRUCTIVE SURGERY

Richard J. Restifo, MD   Amanda Paradiso, PA-C   P:203.772.1444   F: 203.907.0503

### Nipple Reconstruction Postoperative Instructions

- ◆ Please call our office at 203.772.1444 to schedule a postoperative visit if you have not already done so.
- ◆ Keep breast dressings in place until you are seen in the office. You may shower with the dressings in place, but do not soak dressings.
- ◆ You have been prescribed the following medications:

\_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***pain***.

\_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***nausea***.

\_\_\_\_\_. Take \_\_\_\_\_ tablet(s) by mouth \_\_\_\_\_ times a day until finished. ***This is your antibiotic.***

- ◆ You may resume a regular diet as tolerated. It is important to drink plenty of fluids.
- ◆ Take Colace 100 mg two times daily in order to prevent constipation resulting from use of pain medication. This can be purchased over the counter at your local pharmacy. If you do not have a bowel movement within 2-3 days of your surgery you may take milk of magnesia.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E for one week following surgery.
- ◆ ***We encourage you to walk as early as the day of surgery for at least 10 minutes every hour.*** No heavy lifting > 5 pounds, pulling, or pushing for one month. . You may ride a stationary bike 2-3 weeks after surgery. No high impact aerobic exercise or upper body workout for 6 weeks.
- ◆ No driving for a ***minimum*** of one week.
- ◆ If you have implants, you may resume daily implant massage 2 weeks after surgery

Other: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**If you have any questions, please call us at (203) 772-1444.  
200 South Orange Center Road, Orange, CT 06477**