

THE FIRST GLANCE

INVERTED NIPPLE CORRECTION POST CARE

Do not shower or get the bandage wet for **48 hours**. It may be helpful to get in the shower after 48 hours to get the bandage wet as this may make removing the bandage easier.

If you had a piercing placed in your nipple(s), you may not require a bandage but if you have one, leave it in place for 48 hours. Your nurse or surgeon may give you further instructions.

It is normal for the area to bleed a small amount for a few hours after surgery.

Avoid strenuous activities for 48 hours after surgery.

If there are any areas that appear to be open, you will need to keep the area covered with a new bandage every day for about one week, or longer if any open areas remain.

You will be required to follow up with your surgeon within 7-14 days after your surgery. If you have not been provided with a post-operative appointment, please contact the office to schedule make an appointment.

If you have any concerns or questions, please do not hesitate to contact the clinic or your surgeon directly if you feel you have an emergency.

If you have had both nipples corrected and you notice that one nipple begins to swell considerably more than the other, contact the office or your surgeon immediately.

If you experience any discomfort, Tylenol or Extra Strength Tylenol will help to relieve this. Take as directed.

*Do not sleep with pets in the bed to avoid infection

*No baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks or until your incisions are fully healed in order to avoid infection

*Avoid exposure to second-hand smoke for at least the first few weeks after surgery

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- **Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.**
 - - Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
 - - Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
 - - Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
 - - Unexplained sudden onset of shortness of breath
 - - Rapid pulse or heart palpitations
 - - Severe pain in leg that does not resolve and/or swelling of leg
 - - Changes in skin colour of an extremity, such as turning pale, red or blue
 - - Dizziness that does not resolve, or fainting
 - - Coughing up blood / Bloody diarrhea
- **Follow Up Appointments**

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will inform you as to which clinic to visit for your follow up appointments:

First Glance Aesthetic Clinic
1851 Grant Avenue
Winnipeg, MB R3N 1Z2
tel: 204-885-1569

After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at **204-885-1419**.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

In case of emergency call Dr. Brichacek 204-898-9933