

Post-Operative Guidelines Following **Inverted Nipple Repair**

- After 48 hours you can take off your dressing to shower.
- Gently pat the skin dry and only cover if you have drainage, but ensure no pressure is added over the nipple.
- Do not wear a bra or any compressive tops for 6 weeks following your inverted.
- Avoid direct pressure to your new nipple(s) for 6 weeks.
- Avoid baths and pools until fully healed with no crusting remaining (typically 4 weeks).
- Your sutures are dissolving, they will fall out on their own. If sutures remain after 1.5 weeks, begin to wash them gently with a wash cloth in the shower to prompt them to fall off.
- If applicable, you may resume sexual activity when you feel comfortable. Generally waiting 1 week is adequate, however every woman may feel differently.

*If you have questions or concerns, please contact our office at (519) 746-1132 or
postop@thecosmeticsurgeryclinic.ca*

We love hearing from you!

