

Post Operative Info – Nipple Discharge Surgery

Post-Nipple Discharge Surgery advice

Care of your wound

- Your wound will be covered with a waterproof dressing. This will still intact until your post-surgery appointment.
- You may notice some dry blood under the dressing. This is very normal and is actually helping your wound heal.
- You do not need to do anything special to your wound whilst the dressings are in place. After the dressings are removed Dr. Green will advise you of various treatments to decrease scarring.

Stitches

- Your wound has been closed entirely with dissolving sutures. These will take several weeks to completely dissolve. You will not need to have any stitches removed after your surgery.

Signs of Infections nipple necrosis (dead nipple)

- Bad Infection is a rare complication after a breast surgery. However, it is possible for as small infection to occur that can be easily treated with tablet antibiotics.
- It is normal for the wound itself to look red. However if the redness is Increasing past your dressings you may have an early infection.
- If you are concerned notify Dr. Green or contact your GP who may commence you on a course of tablet antibiotics.

Signs of nipple necrosis (dead nipple – Very rare)

- Nipple necrosis is very rare. It is slightly more common if all the ducts are removed.
- It is not uncommon for the nipple to be bruised. This will appear as a dark purple/blue colour.
- Nipple necrosis will look like the nipple is turning black in colour. It can be hard to distinguish from bruising. If you are worried let Dr. Green know.

Pain Relief

- Breast surgery is not usually very painful. Your breast will feel heavy and swollen for a week or two. Most people can manage with simple analgesia (paracetamol) and anti-inflammatory (Nurofen). Some people do require some stronger pain relief and this will be required if necessary prior to your discharge.
- A supportive Bra (such as a sports bra can provide some relief from the heavy feeling
- Your nipple may feel hypersensitive after the surgery. A soft pad over the nipple may prevent rubbing and offer some relief.
- Avoid constipation whilst taking the pain relief. You should see your Pharmacist for some coloxyl and senna or Movichol whilst taking pain relief.

Showering and deodorant

- Your dressings are waterproof and it is perfectly safe for you to have a shower after your surgery. When you have finished your shower just pat your wound dry.
- Deodorant (aerosol deodorant or roll on) is perfectly safe to use after you surgery. It is best to avoid powdered based deodorants.

Return to work

- You may need to have some time off work after your surgery.
- Dr. Green will happily provide a medical certificate for these times if you wish.

Energy levels and resuming normal activities

- Most people can return to normal activities quite quickly after nipple discharge surgery
- It is normal to not have full energy levels after surgery
- You should be able to perform usual light duties within 1 week of the surgery. Although it is quite normal to not regain full levels of energy for several weeks after an anaesthetic.
- Regular light exercise (walking, riding etc..) is encouraged after your surgery. A basic rule is 'if it hurts its to strenuous and you should stop'
- Regular exercise is important.

Follow Up

- Dr. Green will normally see you in the Rooms 1 week after your operation. Please call 32263800 to confirm an appointment.