



Post Operative Care
Inverted Nipple
Correction

Perfecta Cosmetic Surgery

The North's premier plastic surgery clinic

Inverted Nipple Correction

Your package of care.

All of your aftercare is provided as part of your package of care, so you don't have to worry about a thing. When you are ready to go home, the nurses will give you an appointment for your first check up a week later. Our nurses will arrange to see you again for as long as you need. You will see your Consultant Plastic Surgeon 3 months after surgery. If you have any problems in between appointments then don't worry, just give us a call, speak to the nurses and come back to see us.

Dressings, tapes and massage.

We use showerproof dressings after your breast surgery. After your dressings are removed you can massage the scar every day with Bio-oil, (*which you can find at Superdrug and supermarkets*).

Can I shower after my procedure?

Yes, you can shower from day one. We encourage you to shower and wash your hair every day after surgery. The dressings we use are showerproof and are designed to get wet. After showering simply dab your dressings dry with a towel before putting your bra back on.

When can I return to normal activities and work?

Please gently return to all your normal activities straight after your procedure. Washing your hair is great physiotherapy for your arms and shoulders after breast surgery. Most of our clients are back to most things, (*including work*), a week or two after breast surgery and are back to everything, (*Including the gym and exercise classes*), in a month. You can drive as soon as you feel safe and able to do so. Most of our clients drive themselves back to their appointment one week after surgery and go back to work the week after.

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When can I go on holiday?

This is a common question in clinic, particularly leading up to the summer. You could travel the following day if you need to. However it would be sensible to wait a couple of weeks. Most patients settle well and without any problems after breast surgery. However if you do have any issues then it is nice to be able to pop in and see us.

Sun protection and skin conditioning.

Look after yourself in the sun after surgery as your skin can be a little more sensitive. Factor 50 suncream and lots of moisturising cream, (*or Bio-oil*), are helpful.

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