

## **POSTOPERATIVE INSTRUCTIONS**

### **INVERTED NIPPLE CORRECTION**

#### **Your return home**

You may eat or drink as you like depending on your tolerance.

Avoid sleeping on your stomach until your first postoperative appointment.

Avoid vigorous exercise for the first 24 hours.

You may remove your bandage the day after your surgery and gently clean the area with water and a gentle cleanser, even if you have stitches.

Avoid swimming, bathing, and spa for one month after your surgery.

We suggest to avoid sun exposure to the bruised areas until they go away, and avoid sun exposure to the incisions for a year.

Please do not hesitate to contact us at the clinic with any questions or concerns during opening hours, or use the emergency cell phone in an urgent situation.