



NORTHEAST PLASTIC SURGERY
CENTER

5 Davis Road East
Old Lyme, CT 06371

info@northeastpsc.com
www.northeastpsc.com

Tel 860.390.6000
Fax 860-215-8150

Nilay Shah, MD
Megan Phillips, PA-C

Vinod V. Pathy, MD, FACS

Jillian Fortier, MD
Morgan Massey, PA-C

Nipple Areola Tattooing

Post-operative Instructions

- ▶ Your post-procedure appointment is scheduled for _____.
- ▶ Avoid compression at the procedure site(s).
- ▶ Starting tomorrow, please remove all of your dressings and apply Bacitracin and non-adherent gauze dressings twice daily to the procedure site(s).
- ▶ You may shower starting tomorrow. You may let the water run down onto the procedure site(s). However, please refrain from allowing soap or shampoo to fall onto the site(s) for 1 week.
- ▶ You may form crusting and scabs at the procedure site(s). Do not attempt to remove any scabs that may form overlying the procedure site(s).
- ▶ Avoid the following anti-platelet agents until at least your first post-op appointment, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, as they result in a higher risk of bleeding.
- ▶ If you are taking the following blood thinners or anti-platelet agents, you should have already obtained instructions pre-operatively when they may resume, but please discuss with your surgical team: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xarelto, Eliquis, or Brilinta.
- ▶ Please refrain from nicotine containing products for at least 4 weeks following your procedure. Nicotine reduces circulation and can therefore result in wound healing impairment.
- ▶ Every patient and procedure is unique. However, please alert us if you observe any of the following and are concerned:
 - ▷ temperature $\geq 101.4^{\circ}\text{F}$
 - ▷ increased redness at the surgical site or adjacent site(s)
 - ▷ worsening bruising at the surgical or adjacent site(s)
 - ▷ blisters at the surgical site(s)
 - ▷ increased swelling or size leading to significant and sudden asymmetry
 - ▷ unremitting or increasing pain at the surgical site(s)
 - ▷ significant drainage at the surgical site

Please contact us with any additional questions or concerns.