



NORTHEAST PLASTIC SURGERY
CENTER

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Nipple Areola Tattooing

Pre-operative Instructions

- ▶ Your scheduled procedure date is _____.
- ▶ If you smoke or use any other nicotine products (including the patch or gum), please stop at least 6 weeks prior to procedure. You should refrain from nicotine products for at least 6 weeks following your procedure as well. Smoking reduces circulation and can therefore result in wound healing impairment and induce scarring.
- ▶ Avoid the following anti-platelet agents for 7-10 days prior to your surgery, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, and generally for 1 week following your surgery, as they result in a higher risk of bleeding.
- ▶ If you are taking the following blood thinners or anti-platelet agents, please notify your surgeon *AND* contact the provider who is managing such medications as soon as possible to obtain instructions if and when you should stop the medication prior to surgery, and which alternative medications may be used in the interim: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xarelto, Eliquis, or Brilinta.
- ▶ Avoid alcohol for at least 48 hours prior to your procedure.
- ▶ Please purchase Bacitracin or Neosporin ointment, nonadherent gauze sponges, and 1" surgical paper tape from your pharmacy prior to your surgery, as you will need them for post-procedure dressing care.
- ▶ You may shower the morning of your surgery. Do not apply any moisturizers, makeup, deodorant, or perfume.
- ▶ Wear a large, front closure shirt to the office on the day of your procedure.
- ▶ In an effort to ensure that our breast reconstruction patients are receiving the proper information, we have created a password-protected brochure specific to breast reconstruction. Please access our website, then select the "**Resources**" tab, and then select "**Breast Reconstruction Brochure**" on the associated dropdown menu. For the current password, please call the office.

Please contact us with any additional questions or concerns.