

## **Nipple Reconstruction**

At first the nipples will seem very prominent, but with time they tend to flatten about half their height. Use a stack of gauze with a hole cut out in the middle to protect them from being compressed for one week. You may wear a bra with the pads to protect the nipple.

Also, apply Neosporin to the sutures around the nipples once a day for one week to help the wounds heal. Please do not get the area wet for three days, and return in one week to have the sutures removed.

Once the sutures are removed get corn pads (CVS pharmacy carries them), stack one on top of the other and place around each nipple to help keep their height. You may need to cut a slit in the corn pads so that it is wide enough to put around the nipple. Wear these for three weeks for optimal projection.

You will need to wait about 5 weeks before getting the areola tattooed unless otherwise directed by Dr. Doezie to wait longer.