



Inverted Nipple Correction

Aftercare Instructions

Inverted Nipple Correction Aftercare

General Instruction

- Wear your surgical bra 24/7 for the first six weeks, with gauze pads over incisions to absorb drainage. Change pads daily.
- Clean incisions gently with mild soap daily, apply antibiotic ointment and reapply dressings.
- Avoid sleeping face down and lifting arms over shoulders for four weeks to prevent stitches from tearing.
- Swelling and bruising are normal post-op. Use ice packs as needed for comfort and to reduce swelling.
- Call us if you have uncontrolled pain, fever, or foul-smelling drainage from incisions.

Diet

- You should follow a healthy and balanced diet rich in protein, fiber, vitamins, and minerals. Protein helps with wound healing and tissue growth, while fiber aids in digestion and prevents constipation. Vitamins and minerals support your immune system and overall health.
- Inflammation, weight gain, and fluid retention can occur in foods high in fat, sugar, salt, and processed ingredients. These foods can also interfere with your recovery and compromise your results.
- Keep hydrated by drinking plenty of water and fluids. Drinking water can also help reduce swelling and reduce skin elasticity. Avoid alcohol and caffeine, as they can dehydrate you and increase bleeding.

Exercise

- Physical activity should be avoided for six to eight weeks after the [Inverted nipple correction](#) surgery, as it can cause pain, bleeding, infection, and damage to the treated area. You should also avoid lifting heavy objects, bending, twisting, or stretching your chest.
- After consulting with your surgeon, you should gradually resume your exercise routine. You should start with low-impact exercises such as walking, cycling, or swimming, then progress to more intense workouts such as cardio, weight training, or yoga.
- Exercising three to four times a week for 30 to 60 minutes helps you burn calories, tone muscles, improve blood circulation, and improve mood.

Follow-up Care

- Your surgeon will give you instructions on how to prepare for the recovery period following surgery, including taking medications, using ice packs, elevating your head, and keeping away from smoking.
- Keep your follow-up appointments with your surgeon; they'll monitor your healing progress and evaluate your results. They'll also tell you when you can resume your normal activities.
- You should contact your surgeon immediately if you experience symptoms such as fever, infection, bleeding, severe pain, or abnormal swelling.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

