

Nipple Reconstruction

- The nipple and areola (the colored area around the nipple), are always removed in a total mastectomy, but can be re-created following breast reconstruction.
- Done 3 months after breast reconstruction.
- Can be performed in the office setting.
- Numbing medicine is injected into the skin.
- The skin of the breast is lifted so that it projects outward like a natural nipple.

Dressing Care following Nipple Reconstruction

- The dressing will have a hole in the center to prevent pressure on the nipple.
- If dressings become soiled and need replaced, cut a hole in the center of a stack of gauze so the hole is placed over the nipple and does not crush it.
- Keep the dressing on until your surgeon tells you otherwise.
- You may remove dressings to shower. Do not soak in a tub. Avoid direct water pressure on the area and avoid rubbing. Pat dry.

Call the office if:

- Fever of 100.4 degrees F or higher
- New or increased pain at the nipple
- Drainage from the nipple

Areola Tattooing

- The colored area around the nipple is re-created with micropigmentation, a.k.a. tattooing.
- Sterile needle held by the tattoo machine makes injections of dye into the skin.
- Takes less than 1 hour.
- Performed once the nipple is healed, which usually takes 1-2 months.
- Done by permanent cosmetic professionals
- May not be covered by insurances.