



# Checklist

## Correction of Inverted Nipples

Dear Patient,

You have decided to have surgery to correct inverted nipples. The procedure can be easily performed under local anaesthesia. The small scar on the lower edge of the nipple is practically invisible.

The operation is performed under local anaesthesia as an outpatient procedure in the operating room at my practice. The total costs including all follow-up checks will be EUR 2.000,-

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doiz.Dr. Greta Nehrer

### BEFORE THE PROCEDURE

- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Please bring a well-fitting sports bra with you to the operation.
- Before the operation, we will again review and discuss the procedure in detail. The area to be treated will be photographed for documentation.
- If you are nervous about the procedure, you may be given an oral sedative to reduce your anxiety.
- The area to be treated is prepared with a local anaesthetic ointment before the operation.

### DURING THE PROCEDURE

- The operation takes about 30 minutes to perform.
- You will experience only a mild burning sensation associated with the local anaesthetic.
- The suture is covered with an adhesive skin closure (Steri-Strip). You will also be given a special bandage for the nipple region and a waterproof adhesive dressing.

### AFTER THE PROCEDURE

- A mild burning pain around the surgical site is normal as the anaesthetic wears off. You will not feel any significant pain.
- We recommend resting for at least 2 days after the procedure. You should avoid any exertions.
- You may shower with the waterproof adhesive dressing.
- A check-up is scheduled after 7-10 days and the stitches are removed.
- The sports bra should be worn day and night for a period of 2 weeks.
- Avoid heat (sauna) and physical activity for a period of 2-3 weeks.