

# Areola Reduction Surgery Aftercare Instructions

## AREOLA REDUCTION SURGERY AFTERCARE INSTRUCTIONS

Thank you for choosing Areola Reduction Surgery. This procedure reshapes and reduces the size of the areola for improved proportion and appearance. Following the aftercare instructions below will help promote healing, reduce the risk of complications, and achieve the best results.

**Immediately After Surgery - Dressings and Support Garments:** You will have dressings or surgical tape covering the incision area. Keep these in place until advised by your surgeon. Wear your support bra or surgical garment as instructed to reduce swelling and support healing.

**Mild Discomfort and Swelling:** It is normal to experience mild discomfort, swelling, or bruising around the treated area. This usually improves within the first 1–2 weeks. Take pain relief medication as directed by your surgeon.

**For the First Week - Keep the Area Clean and Dry:** Follow your surgeon's instructions for gentle cleaning. Avoid soaking the incision in water—no baths, swimming, or hot tubs until cleared by your surgeon.

**Avoid Strain and Heavy Lifting:** Avoid lifting anything heavier than a kettle and minimise arm movements that stretch the chest area.

**Sleep Position:** Sleep on your back with your upper body slightly elevated to reduce swelling and protect the surgical site.

**Clothing:** Wear loose, comfortable clothing that does not rub against the chest.

**For the First 2–4 Weeks - Activity Restrictions:** Avoid vigorous exercise, high-impact activities, or anything that causes breast movement until your surgeon says it is safe. Continue wearing your support bra as instructed.

**Scar Care:** Once the incision is fully healed, your surgeon may recommend scar cream, silicone sheets, or gentle massage to improve scar appearance.

**Sun Protection:** Protect scars from sun exposure for at least 12 months. Use SPF 30+ on the area when exposed to sunlight to prevent pigmentation changes.

**Common Side Effects:** Mild swelling, bruising, or numbness around the areola. Itching or tightness as the incision heals. Temporary changes in nipple sensation.

**When to Contact Us Immediately:** Persistent or worsening pain, swelling, or redness. Bleeding, pus, or foul-smelling discharge from the incision. Fever or chills (possible sign of infection). Sudden change in nipple colour, sensation, or shape.

**Long-Term Care:** Maintain a healthy lifestyle to support healing. Attend all follow-up appointments so your surgeon can monitor your progress. Avoid smoking, as it can delay wound healing and affect your results.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

## PATIENT CONFIRMATION

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout