

Guidelines for invasive procedure aftercare

Nipple reduction and Areola reduction

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| Stay in the hospital | 1 day |
| Initial follow-up visit | On the 2nd day |
| Next mandatory visit | On the 3rd month |
| First shower | On the 5th day |
| Wear supportive underwear | 1 month |
| Change wound dressing | For 2-3 week |
| May go to work | On the 3rd day |
| Swelling and bruising appear | For 1-2 week |
| Avoid physically hard work | 1 month |
| Avoid sexual relations | 1 month |
| Threads self-dissolve | After 3-4 weeks |
| The sutures will be removed | On the 2nd-3rd week |
| Forbidden to smoke | 1 month |
| May go to sauna | After 1 month |
| Decrease of sensitivity in tissue may manifest | For 6 months |
| Outcome can be evaluated | On the 6th month |
| Protect skin from UV radiation | For 1 year |