



Nipple Reduction

What is Nipple Reduction

Nipple Reduction (or 'Correction') surgery is a simple cosmetic procedure that aims to reduce the size and change the shape of one or both of your nipples or areola. The most common concerns targeted are 'puffy nipple' and 'inverted nipple'.

Nipple Reduction can reduce the height and width of the nipple, reshape the nipple into a more desirable form and treat size and shape asymmetries in the surrounding areola. All surgeries are able to preserve sensation, and aim to restore a more balanced, pleasing chest appearance.

Nipple Reduction can be carried out on its own under local anaesthesia or in combination with other procedures under general anaesthesia, such as breast reduction, breast lift, breast augmentation or mummy makeovers.

During your initial consultation with one of our skilled surgeons, you will be able to communicate your aesthetic concerns and go over the different surgical options available to you.

Whatever your requirements, the Cadogan Clinic can provide the leading breast experts and techniques for your treatment at our state-of-the-art facility in order to achieve your desired aesthetic and a better-proportioned nipple.

Why do people have it

The benefits of nipple reduction surgery are both cosmetic and psychological, and include:

- Quick, highly effective 45 minute surgery
- Permanently reduce enlarged 'puffy' nipples or areola
- Recontour irregularly shaped nipples ('inverted nipple' or 'protruding nipple')
- Restore proportionate nipple or areola dimensions
- Reduce self-consciousness when wearing tight fitting clothes / swimwear
- Improved sense of emotional wellbeing

Who is suitable

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- You are in good psychological and physical medical health
- You are at your ideal body weight
- You have a positive outlook and realistic expectations of what can be achieved via surgery
- You are seeking to reduce the size of your nipples or areola
- You are seeking to reshape your nipples or areola
- You are seeking to restore proportion to your chest area
- You are looking for an effective solution, able to deliver long lasting results

What to expect



PHASE 1: CONSULTATION

The first step for all of our nipple reduction patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation. At the consultation you will be able to discuss with your surgeon what you hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing anatomy.

Your surgeon will take you through the options available to you, and which is the most preferential for you given your stated ambitions. Having established this, several key measurements will be made and standard clinical photography will be taken.

Some questions you might like to ask include:

- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are my options if I am dissatisfied with the outcome?
- Do you have before-and-after photos I can look at for this procedure?

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding what to expect in the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

What to expect



PHASE 2: PRE-PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications (see FAQs)
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission



PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself takes place under local anaesthetic over the course of roughly an hour. Incisions and techniques will vary according to the precise technique employed. For full discussion of the variety of incision placements and surgical techniques, see our FAQ section below.

What to expect



PHASE 4: POST PROCEDURE & RECOVERY

You should not feel any pain during the procedure, but you may have some for a few days or weeks afterwards. You'll be given painkillers if you need them.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

Once home you will have access to our dedicated on-call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

What are the risks

Nipple reduction is a safe procedure, but it is common after nipple surgery to experience:

- bruising and swelling
- temporary numbness or soreness
- a small amount of scarring

As with all surgical procedures, nipple reduction carries some risk and it is possible that you might experience:

- Nausea
- Bleeding or Infection
- Poor healing of incisions and scarring
- Dissatisfaction with aesthetic outcome
- Asymmetry

Your surgeon will discuss these risks comprehensively at your consultation and explain how likely these risks and complications are, and how they would be treated.

Why Come to Cadogan Clinic for Nipple Reduction?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

At a glance facts



SURGERY TIME

45 minutes – 1 hour



HOSPITAL STAY

1 to 2 hours



TIME OFF WORK

a few days (if needed)



FULL RECOVERY

1 week

