

Over View

Breast treatments which deal with the aesthetics of the breast and not more commonly the size of the breasts is becoming increasingly popular with both male and female patients.

There are three main procedures (usually targeted towards women) which are the most common and they are;

Areola reduction – this is a swift and straightforward procedure that removes the excess brown area from around the nipple. Small reductions leave an inconspicuous scar around the base of the nipple. Larger reductions can leave a scar around the outside edge of the areola – both techniques can be carried out under local anaesthesia.

Nipple inversion – This is a very common concern indeed for many women and can cause much distress. The nipple itself lies flat or inverts inwards towards the body rather than protruding in the normal way. This condition can occur from birth but in some cases, can develop later on in life. This is typically another swift and straightforward procedure that can be carried out under a local anaesthetic although different grades of inverted nipples require different complexities of surgery.

Nipple Reduction is carried out to reduce the height and width of the nipple whilst preserving its sensation a can be very effective at relieving embarrassment associated with this condition. It can be carried out under local anaesthetic as treatment as well as recovery is quick and straightforward.

Each of these surgical procedures is straightforward and can either be carried out on their own under a local anaesthetic or as part of a more complex breast procedure.

SURGICAL NIPPLE TREATMENTS AT A GLANCE:

- SURGERY TIME up to 1 hour
- HOSPITAL STAY Day case
- SLEEPING POSITION Sleeping on back recommended for 1 weeks
- REASONABLY MOBILE AFTER: 1 day
- WASHING: Shower after 1 week
- DRIVING: 1 week
- RETURN TO EXERCISE INCLUDING GYM: 4 weeks
- SEXUAL ACTIVITY: Restricted activity after 4 weeks
- FULL RECOVERY: 6 weeks
- TIME OFF WORK REQUIRED: 1 week
- BRAS & GARMENTS TO BE WORN: None

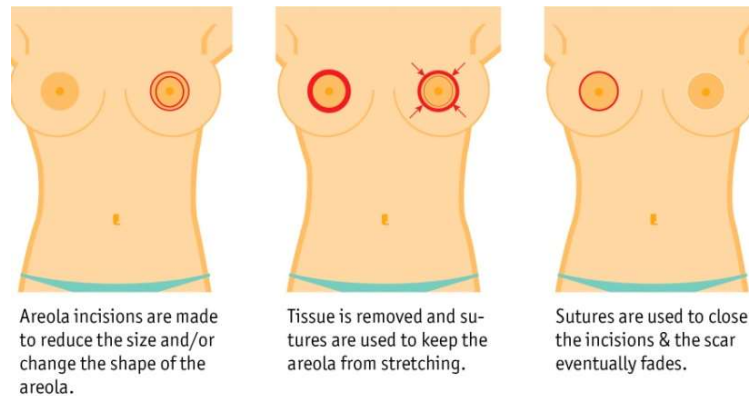


Surgical Consultation: Topics that will be discussed

How the Operation is performed

Areolar Reduction - Areola reduction is a quick and simple procedure that can be performed on both men and women. It involves removing the excess brown or pink area surrounding the nipple which usually has a diameter of between 4-5cm. Areola reduction surgery can be carried out on its own under local or general anaesthesia or as part of an overall breast reduction, lift or augmentation. Minimal areola reductions leave an inconspicuous scar around the base of the nipple, whilst larger reductions can leave a scar around the edge of the areola itself. Enlarged areolas are usually hereditary, and can be related to individual breast development. Occasionally they may be related to certain conditions of under-development (hypoplasia) of the breast. Enlarged areolas can be a huge source of distress and if you are unhappy with their size or shape an areola reduction can help.

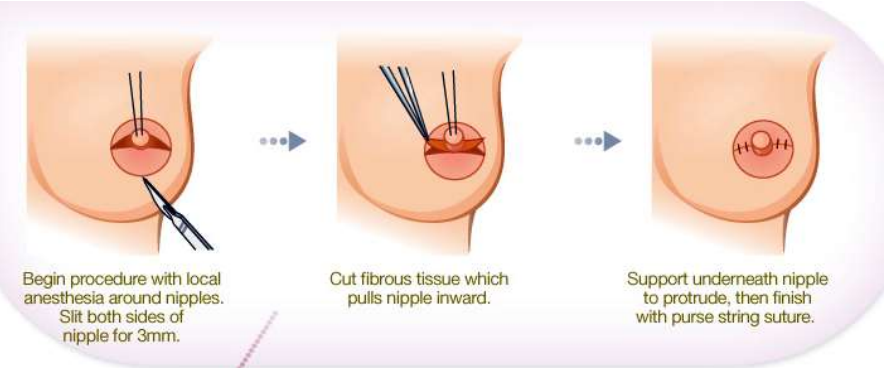
Areola reduction usually begins with your surgeon removing a circular segment of the outer brown area of the areola. The skin surrounding this is then brought inwards in a purse string fashion to surround the areola. Dissolvable stitches inside the areola are used to reduce the diameter and, in many cases your surgeon will use a permanent stitch placed deeply in the tissues to prevent widening of the areola occurring following surgery. By using the permanent stitch it is very unlikely you experience further widening of the areola.



Inverted Nipple Correction - Many of our patients are extremely self conscious about their inverted nipple condition and naturally this level of embarrassment can cause some negative issues relating to intimate relationships, undressing in public changing rooms or clothing choices. Correcting nipple inversion is usually carried out under local anaesthetic and in one of two most common ways, the first which preserves the breasts milk ducts and the second which does not. The first begins with an incision to allow lifting of the nipple and areola tissue whilst remaining attached to the breast, the ducts are separated and the nipple is allowed to sit proudly in its new position. Dissolvable internal stitches are used at the base of the nipple to hold it in position whilst it is healing. The second method which does not concentrate on preserving the milk ducts is much more common – the incision is made at the base of the nipple and the shortened milk ducts are detached completely allowing for a natural looking projection of the nipple. The incision is sutured and a small dressing is applied.

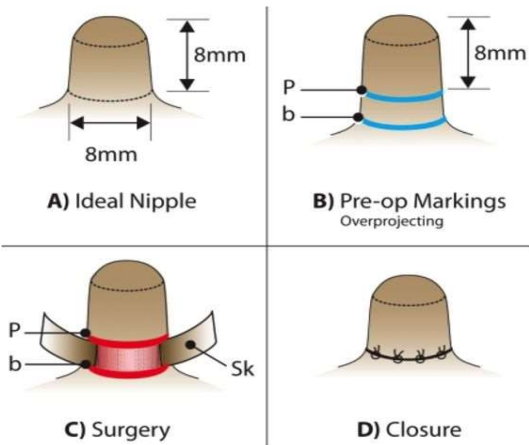


It is a very common procedure with very little risks associated with it and the majority of cases work successfully. Recovery after inverted nipple correction surgery usually involves only mild discomfort and the majority of our patients return to work within 1-2 days. The procedure is very straight-forward and in a matter of weeks you would be unable to tell the nipple had ever been inverted.



Nipple Reduction – Puffy, prominent nipples can make wearing swimwear or even tight clothing embarrassing for both women and men. Many patients are concerned with living their lives disguising prominent nipples and for men in particular, enlarged nipples can become a real issue during the summer months when you would usually take your top off but don't feel confident enough to do so. Undergoing a quick and straightforward nipple treatment means these issues no longer concern you and help you feel a significantly improvement in your self-esteem.

There are a few technique favoured by surgeons however the most popular involves elimination of a strip of skin about the neck of the nipple which is closed and sutured reducing the height of the nipple by pushing a portion of the nipple back into the breast tissue. This is a very straightforward procedure and is often performed under local anaesthetic.



The types of Stitches/sutures - Sutures commonly used during any surgical nipple procedures gradually dissolve with time in about 10 days. Nothing needs to be pulled out or removed by a nurse following your procedure, but you will have a 1 week follow up appointment to check your healing progress.

Potential risks

- 1) **Scarring** – As with any invasive cosmetic procedure permanent scarring is a consideration. Typically the scars left from nipple or areola surgery are minimal and are disguised very well. However, scarring visibility can be greatly impacted by the quality of the surgeon that you choose, as well as the level of aftercare you receive. In the hands of a skilled surgeon the scar will be positioned very discreetly, whilst our expert scar minimisation team can provide you with the tools and techniques to enhance the healing process.
- 2) **Bleeding** – This occurs in very few patients and is managed very well by your aftercare team – a little oozing following your procedure is quite normal and will be protected by the dressings you are advised to use
- 3) **Infection** – This occurs in very few patients indeed and this is often due to area of the body itself - every precaution is taken to avoid this from occurring - you will be prescribed a course of antibiotics to reduce this risk even further. If an infection does set in following surgery it can be easily managed by the aftercare team, however, if left the infection can potentially spread and worsen so you must contact the clinic should you experience anything unusual following your surgery
- 4) **Sensation Change** - It is not uncommon to experience altered sensation following your nipple or areola treatment, this may either manifest in increased sensitivity (or discomfort), or the loss of any feeling at all (numbness) in the area. These changes in sensation usually occur for a few weeks following surgery, however if they persist you should inform your consultant - in some rare cases, these changes in sensation may be permanent.
- 5) **Asymmetry** – Our expertise in procedural techniques along with our highly-experienced surgeons ensure an even and natural improvement of symmetry of the areola or nipple – the breasts are quite fundamental to a woman’s sexual confidence and so we understand the subtleties that are often required.
- 6) **Swelling/discomfort** – This is a very normal part of post operative healing and can last for up to 6 weeks after your treatment although swelling tends to subside quite dramatically after just a few days.



Preparation for your surgery

It is advised that you undertake all your usual household duties and any other physical activities prior to your admission to hospital as you will not be able to perform these for a few days (up to 1 week) after your procedure, these may include; vacuuming, dusting, clothes washing, mowing lawns, ironing and shopping i.e. no excessive movements or exercise.

On arrival at the clinic you will have routine observations performed and a check of all the relevant paperwork carried out by the nursing staff before you change into your gown and your surgeon greets you.

All jewellery must be removed, including ALL metal body piercings, all makeup must also be removed as it can damage your eyes if left on while you are asleep, lastly, you must remove all nail varnish acrylic nails or gel polish.

As a guideline, most surgeons request that their patients observe the following pre-operative guidelines:

- Patients MUST stop smoking both before and after their treatment (smoking affects the healing process significantly and can increase the risk of post-operative complications hugely)
- Patients must stop drinking alcohol both prior to surgery and during the immediate recovery as it slows healing down
- Patients must not take any Aspirin or medication containing Aspirin for at least 7 days prior to surgery. (Aspirin may be re commenced after 48hrs post op.) If you take Aspirin or any other form of blood thinning medication for a medical condition, please discuss with your surgeon.

NO FOOD IS ALLOWED 6 HOURS PRIOR TO ANY SURGERY, THIS INCLUDES ANY SWEET/CHEWING GUM. YOU MAY HAVE SMALL SIPS OF CLEAR FLUID (STILL WATER/BLACK TEA/BLACK COFFEE) UP TO 2 HOURS PRIOR TO ADMISSION TO HOSPITAL

After Care

- How you behave in the immediate weeks following your operation can significantly impact the results you are able to achieve, for example, wearing the correct dressings and caring for your wounds correctly as advised by your surgeon and after care team during the crucial initial healing stage.
- A nursing appointment will be made for 1 week after your surgery where your incision sites will be checked, cleaned, you will be given instructions on how to continue to care for these areas for the remainder of your healing, and a follow up appointment with your surgeon will be arranged in approximately 3-6 months time.
- It is important that you have total rest for a couple of days following your procedure as you will feel quite tired and your breasts may feel sore or sensitive. We would advise you to make sure you don't carry out any activity that will raise your blood pressure excessively, including physical activities or housework during the first week. This could induce a bleed, and add to your swelling. You can potter about and undertake gentle activities as movement can actually help accelerate the healing process.



- Sexual intercourse must be avoided for 4 weeks following your surgery as this can potentially disturb the healing phase and agitate your wounds
- We advise patients that they should be able to return to their normal day-to-day activities after about one week – we would recommend a few days off work with the option of a full week should you require it, as swelling is greatest during this time and treated areas can be quite uncomfortable if you move excessively. We ask our patients to be sensitive to their body and not to do too much too soon, although, it is advisable to mobilise oneself as soon as is comfortable following surgery

General Information and FAQ's

Infection: There is a low risk of infection, but, if you feel unwell, hot, or the treated area appears to be very red, you start experiencing sensations of burning or there is any discharge we would urge you to contact the clinic for advice and/or urgent treatment.

Garments/clothing: You are not required to wear any specific post operative garment following a any nipple or areola procedure, but it is advised that you wear loose, baggy clothing (ideally non irritant materials such as cotton would be best) to help minimize friction which may worsen swelling or discomfort

Pain: You will experience discomfort over the first few days following your surgery however the degree of pain does vary from person to person. Painkillers can be prescribed and taken home with you and manages any discomfort effectively.

Work / Sport / Leisure Activities: It is recommended that you take a few days to 1 week off from work, however if you have a sedentary job a few days is acceptable. If you have an active hobby or leisure interest, please seek advice from your surgeon as to when you will be able to return to it following surgery.

Bathing: Wounds must be kept completely dry for the first week after surgery. You may take a warm shower after this as hot water will only irritate you and immersing yourself in a bath will increase your risk of infection. After your first post operative check with the nurse at the end of your first post operative week, you will be advised that you can shower or bath as usual.

Diet: Ensure that you maintain a healthy nutritious diet with plenty of fruit and vegetables, as this is important for wound healing and bowels. As you are inactive and have most likely been taking painkillers constipation may become an issue, to help prevent this or to ease symptoms you may use a product such as Senokot® or whatever has suited you in the past.

Flying: If possible avoid flying for the first six weeks,- usual medical guidelines dictate 2 weeks for short haul flights and a full 6 weeks for long haul. Following surgery, you must ideally wear flight socks and take low dose aspirin before flying.

