

# AREOLA REDUCTION

## Background

It is completely normal to have different size and shaped areolar (the pigmented area around the nipple). However, in some women the difference can be more noticeable and may cause considerable issues with confidence and relationships. However, there are surgical procedures that may be able to help you.

## The treatment

Areola reduction surgery is performed by removing a circular area 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. Absorbable stitches inside the areola are used to reduce the diameter and, in most cases, a permanent stitch placed deeply in the tissues to prevent widening of the areola occurring following surgery. To begin with, it is usual to have ruckling of the skin but this will settle over time and accelerated by regular massage of the scars. By using the permanent stitch it reduces the likelihood that you would get further widening of the areola and your nipples and the areola should stay in a smaller position.

## The Benefits

The benefits of areola reduction are a permanent reduction in the size of the areola with scarring limited to the junction of the brown skin and the surrounding normal skin of the nipple.

## Duration of Surgery

The procedure can be performed under either local or general anaesthetic as a day case and takes about an hour, has a minimum down time and also has the other advantage of tightening up the breast skin.

## Complications of surgery

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimise the complication rate and likes to practise in a safe manner. The commonest complications are scarring, adverse scarring with hypertrophy or widening, bleeding, infection and asymmetry.

## After surgery

You will be able to return to light activities after a couple of days. Heavy physical activities and contact sports can be resumed following your post-surgery appointment with Mr Banwell.

## Success and satisfaction

These operations have a high success rate, but, as everyone is different and the treatment plan will be individualized to every patient, the likely outcome you will obtain will be discussed directly with you.

## Important Notice

*Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.*

# AREOLA REDUCTION

## NOTES & QUESTIONS

### AT A GLANCE

**SURGERY TIME**

60 - 90 Minutes

**HOSPITAL STAY**

Outpatients/Inpatient 1 night

**ANAESTHETIC ASSESSMENT**

No

**PRE ADMISSION TESTS**

No

**SLEEPING POSITION**

Sleeping on back recommended for 4 weeks.

**REASONABLY MOBILE**

Immediately

**WASHING**

Shower after 1 day.

**DRIVING**

1 week

**EXERCISE INCLUDING GYM**

4 weeks

**SEXUAL ACTIVITY**

Restricted activity after 4 weeks

**FULL RECOVERY**

2 weeks

**TIME OFF WORK**

None

**BRAS & GARMENTS**

Sports bra worn for 8 weeks. Wired bra after 2 months