

NIPPLE REDUCTION

Background

Some girls have overly large nipples which may cause concern due to either discomfort or due to increased visibility through clothes. In actual fact this may be remedied very easily by a relatively simple operation to reduce the prominence of the nipple.

The procedure

Surgically reducing the size of the nipple is a simple procedure usually performed under a local anaesthetic (with you awake) as a day case/outpatient procedure (in and out the same day). Mr Banwell often uses local anaesthetic cream (EMLA/AMETOP) beforehand so you will need to come in to the outpatients department half an hour early to apply this. Once your nipple is numbed using injections of local anaesthetic a segment of your nipple is removed.

The benefits?

The benefits of this type of surgery are that your nipples will project less and will be smaller leading less discomfort and less prominence in clothes.

Duration of surgery?

The surgery takes about 30-60 minutes per nipple.

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, bleeding, haematoma formation and the need to return to theatre, infection, numbness, alteration in sensation, asymmetry in the healing and in the final result.

After surgery?

You will have a small sponge dressing over both nipples. This will be removed at 1 week. The sutures are non-dissolvable and will be removed at 2 weeks post-op. Mr Banwell may sometimes give you antibiotics. Showering is fine but is important not to submerge the dressing and soak in the bath.

Recovery?

This is a relatively minor operation but it is still important to minimise activity for a couple of weeks. Heavy physical activities and contact sports can be resumed following your post-surgery appointment with Mr Banwell.

Success and satisfaction?

This is a very successful procedure with a high patient satisfaction level.

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.

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NOTES & QUESTIONS

AT A GLANCE

SURGERY TIME

60 Minutes

HOSPITAL STAY

Outpatients

ANAESTHETIC ASSESSMENT

No

PRE ADMISSION TESTS

No

SLEEPING POSITION

Sleeping on back recommended for 4 weeks.

REASONABLY MOBILE

Immediately

WASHING

Shower after 1 day. Bath after 2 weeks.

DRIVING

1 Week

EXERCISE INCLUDING GYM

8 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.

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