

## SUMMARY

Correction of inverted or prominent nipples is a simple procedure with minimal downtime that improves your self-confidence.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.



North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

## PRACTICE LOCATIONS

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North Shore  Cosmetic Surgery

A patient guide  
to understanding

Correction of Inverted  
& Prominent Nipples

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## CORRECTION OF INVERTED NIPPLES

Inverted nipples occur in 2% of women and usually becomes apparent at puberty, although it can start later in life, with changes to the milk ducts after pregnancy, breast feeding or surgery. The nipple inversion can occur in one or both breasts, usually appearing as a hole or slit where the nipple should be, and can cause embarrassment and distress for many women.

Inverted nipples can make it difficult or impossible to breast feed (only two thirds of patients with normal nipples can successfully breast feed anyway), although in some patients with a minor degree of nipple inversion breast feeding can correct the problem. Some patients with a small amount of nipple inversion can improve projection by either having the nipple pierced and using the piercing to lift the nipple higher, or by having breast implants, which increases pressure on the nipple from the breast tissue.

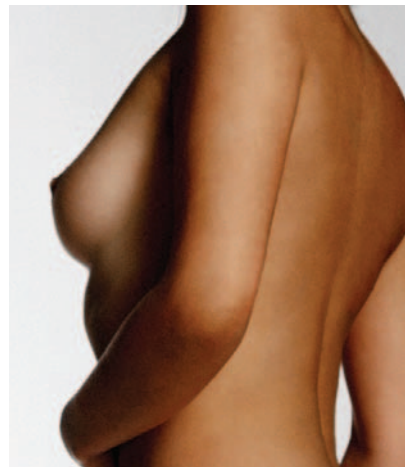
There are several techniques for surgical correction of inverted nipples, and the individual technique depends on whether the nipple is inverted all the time or only part of the time. If the nipple is inverted all the time then the goal of surgery is primarily cosmetic. When the nipple inversion is less severe, the purpose of the surgery is to preserve the milk ducts as much as possible, to allow breast feeding if possible, and also to achieve a normal nipple projection. There is no way of being able to guarantee being able to breast feed after the surgery, but sensation to the nipple is normal.

## CORRECTION OF PROMINENT NIPPLES

For many men and women, long or oversized nipples can be an embarrassment, and nipple reduction surgery presents a safe, quick way to address the problem permanently.

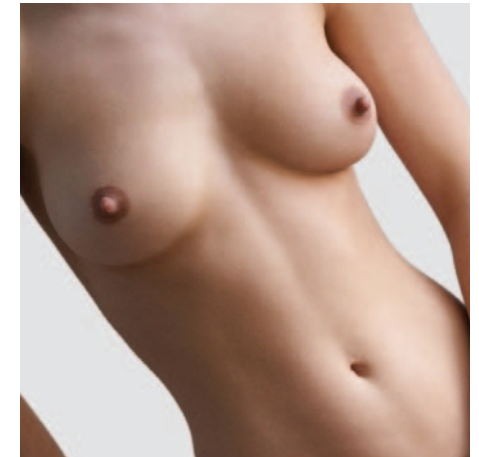
Many women request a nipple reduction because breast feeding has permanently altered the shape and size of their nipples. Men who opt for a nipple reduction are often addressing an issue that has caused them to be self-conscious for quite some time, often limiting the style of clothes they wear.

There are a few different methods for correction of prominent nipples, depending on the amount of reduction necessary - it is possible to reduce both the projection (more common) and diameter (less common) of the nipple. The sensitivity to the nipple is maintained, and for women the ability to breast-feed is usually preserved.



## THE SURGERY (for both correction of either inverted or prominent nipples)

If the procedure is not being combined with other cosmetic surgeries, then correction of inverted or prominent nipples is often performed in the office under a local anaesthetic, or if desired can be performed as a simple day surgery procedure.



There is very little discomfort after the procedure, and most patients return to work the next day. There are waterproof dressings covering the area, and as long as these stay on then you can shower normally and perform everyday normal activities, although exercise and heavy activities should be avoided for a few days. All the stitches are dissolving, although you need to return to the office the following week to check that everything is healing properly.