

## **Areola Correction**

*Surgery to restore symmetry, correct scarring and improve the appearance of the areolas of the breasts*

### **What is Areola Correction?**

Areola Correction is surgery to make the areolas, the pigmented areas around the breasts, symmetrical, treat any lumpy or puckered scarring, and restore a harmonious appearance.

### **Why have Areola Correction?**

None of us is perfectly symmetrical. Whether it's our feet, hands, eyes, or breasts, we're all a little wonky. However, sometimes, the asymmetry can be extreme or unsightly.

The areola is the pink or brown pigmented area surrounding the nipple. Sometimes the areolas in men and women can be uneven in shape or size. The asymmetry can be present from birth or can develop due to changes during pregnancy or puberty. If your chest is making you uncomfortable or embarrassed, the surgeons at Bella You can help. The surgeons can reduce the size of the larger areola to restore symmetry and boost your self-esteem.

### **What happens in Areola Correction?**

In Areola Correction, the surgeon will operate to decrease the size of the bigger areola or treat any areola scarring. The surgery is performed under local anaesthetic. It is a day case, so you won't have to stay in the clinic overnight.

There are different techniques for reshaping and resizing the areola. The best procedure for you will depend on the size and shape of the areola. Your surgeon will assess your breasts, discuss your concerns, and plan the procedure that best meets your needs.

Most commonly, the surgeon will make a circular incision around the edge of the areola. They'll excise a donut-shaped ring of pigmented tissue, then close the wound with sutures that are hidden under the skin.

The procedure can be combined with Nipple Reduction if you are also worried about the size and shape of your nipples.

### **How long is the recovery from Areola Correction?**

There is minimal downtime following Areola Correction. You'll be able to go home following surgery. However, you should relax and recover overnight and avoid strenuous exercise and heavy lifting for two weeks.

Any discomfort is usually mild and should be controlled with simple analgesia. Most people can return to work and normal daily activities a couple of days following surgery.

### **Quick glance guide to Areola Correction**

**Procedure Time: 20 minutes**

**Recovery: 2 days**

**Anaesthetic: Local anaesthetic**

**Hospital stay: No**

**Treats: Asymmetric areolas. Scarring from breast surgery.**

### **Why choose Bella Vou for your Areola Correction?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable and hassle-free.

Bella Vou's leading cosmetic surgeons, are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra charges.

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

### **Your Areola Correction journey at Bella Vou**

#### **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon. There is no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your breasts, and receive an impartial professional opinion about whether Areola Correction can help you get the breasts you want. Mr Amir Nakhdeh says:

*'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

## **Meet your surgeon**

You will be offered a further appointment with your consultant before proceeding to Areola Correction. This will give you a chance to find out more about the procedure and to ask any questions you may have.

## **Preparation for Areola Correction**

You'll be given guidance to reduce your chance of bleeding or infection and support your healthy recovery following surgery. Let your surgeon know if you're on any medications. You may need to stop aspirin or anti-inflammatory tablets, which can increase the risk of bleeding and bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can interrupt healing.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you'll be awake for your procedure, your surgeon will greet you, explain what will happen, and offer reassurance throughout the operation.

## **What happens during Areola Correction?**

Your Areola Correction will be performed under local anaesthetic. It is done as a day case, so you won't need to stay in hospital overnight. The surgeon will clean the breast and inject local anaesthetic so that the area is numb. You will feel a little movement, but the procedure should be pain-free.

**Correction of asymmetry:** The type of incision and the specific procedure will depend on the size and shape of your areola. Most commonly, the surgeon will make a circular incision around the edge of the areola so that the scar is discreet and not noticeable. Sometimes the cut is made centrally within the areola or at the base of the nipple.

A ring of the pigmented skin tissue is excised. This reduces the diameter of the areola to match the other breast. The areola can also be reshaped, and the nipple position can be lifted a little. The wound is stitched closed with sutures that are hidden under the skin.

**Correction of areola scars:** If there is stretched, lumpy, or puckered scarring following previous surgery, the cosmetic surgeon can either excise and refashion the scar. The wound is replaced with a fine scar that should be hidden in the margin of the areola.

The surgeons are skilled in minimising scarring, and areola scars heal well over time. However, if the healed scar is discoloured, medical tattooing can help camouflage the scar and help it blend with the surrounding skin.

## **Recovery from Areola Correction**

You can go home on the day of the procedure. The staff at Bella Vou will offer pain-relief, monitor your recovery, and provide support every step of the way.

Some discomfort is normal over the first couple of days. Take regular over-the-counter analgesia to control pain. Most people can return to work and normal activities a few days after Areola Correction. The Bella Vou staff are always available if you have any questions or concerns at any time.

After one week, the nurse and wound care specialist will check that you're well and inspect your scars. However, the Bella Vou team is always available if you have any questions or concerns at any time.

## **FAQs**

### **What is the areola?**

The areola is the flat pigmented area surrounding the nipple. It is pigmented and usually pink or brown in colour, although it typically becomes darker during pregnancy.

### **Will I lose sensation to my nipples after areola reduction?**

There may be a temporary loss of sensation to the nipples. However, it usually returns as any swelling and bruising settle. Nipple sensation is generally derived from multiple sources from within the breast tissues. The Bella Vou surgeons use techniques to remove excess areola skin, without damaging underlying structures. This means that sensation is usually maintained.

There is more risk of nipple sensation changing following Breast Reduction or Breast Uplift. If you have Areola Reduction as part of more extensive breast surgery, your surgeon will take time to answer all your questions and talk you through the risks and benefits of the procedures.

### **Will the Areola scars be visible?**

All surgery leaves scarring. Our surgeons will do their utmost to ensure the scar is as small and discreet as possible. Plastic surgeons, like the specialists at Bella Vou, are expert in making incisions and suturing in ways that minimises scarring.

### **How do you stop scar problems again?**

If your previous scar became keloid or stretched, your wound healing will be carefully monitored by the wound care team at Bella Vou. Specialist dressings will be applied to reduce the risk of keloid formation.

If the previous scar was stretched, the surgeon might place sutures under the skin to prevent distortion. You will be advised to avoid mobilising the area of the scar to prevent it from coming under tension. It's essential not to sunbathe topless, to avert hyperpigmentation of the scar.

### **Will there be discomfort, bruising, or swelling?**

Any surgery involves cutting and manipulating the skin and tissue, which results in swelling and bruising. Following Areola Correction, the bruising is usually limited to the areola and the surrounding skin, but it can sometimes involve the entire breast.

Don't worry; people differ in the way they heal. Swelling and bruising will settle over time. If you have any questions or concerns, get in touch with the team at Bella Vou for guidance and support.

### **Will I be able to breastfeed after Areola Correction?**

Areola Correction shouldn't affect your ability to breastfeed. The ducts arise from the breast tissue itself. Removal of areola skin should not interfere with the healthy function of the breasts.

However, pregnancy and weight changes can alter the breasts and change the size of the areolas. So, to maintain the final result, it can be better to finish your family before having surgery.

### **Before and after pics**

### **Testimonials**

### **Pricing**