

Pre & Aftercare Information

Areola Reduction



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

Procedure Information

Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- You will require regular pain relief for the first week or two, please ensure you have some paracetamol or ibuprofen available at home also.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising.

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The day of surgery:

If you are scheduled for general anaesthetic, please observe the following:

- Enjoy a good meal before attending, unless you are scheduled for twilight sedation or a general anaesthetic.
- Shower the morning of your surgery.
- Wear comfortable clothing.
- Arrange your transport home. We advise you not to drive after the surgery and have someone help to take you home.

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Immediately after surgery:

After surgery, you will relax in our recovery room. We will provide you with a hot/cold drink and biscuits after surgery. One of our patient coordinators will go through the aftercare and give you instructions on what to expect in the next few days (please always refer to this document).

All the stitches are absorbable. There are internal and external stitches placed and the wound is closed in layers to reduce the tension. It is also an absorbable stitch and as the body dissolves it on the inside, the outer aspect of the stitch will come away.

The area can be quite uncomfortable after the surgery and we will give you painkillers.

You may leave the tape on for a week after surgery. This will be removed when we see you in the clinic to check the wound. You can shower with this tape on (you can dry with a hair dryer on a cool setting).

We will make your follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist (removal of sutures).
- Approx 6 week follow up with your surgeon.
- Approx 6 month follow up with our nurse and wound care specialist.

If you have any concerns our door is always open and more follow up appointments can be scheduled.

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Aftercare in the following weeks

What to expect

- Mild discomfort and swelling – lasts about 1 week.
- Bruising around areola - can spread down to the breast and chest region.

What we would like you to do

- Shower daily - avoid baths and swimming pools for at least two weeks; keep the area as dry as possible and use a hair dryer on the cold setting.
- Keep the area clean - reduces the risks of infection.
- Regular painkillers - for a minimum of 48 hours but you can take a week long course depending on your level of discomfort.
- We suggest you take alternating doses of paracetamol and ibuprofen every 2 hours for a total of 12 hours a day to keep on top of the pain or discomfort. Please inform us if you react to either painkiller.

Procedure Information

Photographic examples



Before surgery



1 week after surgery



6 months after surgery

Procedure Information

Frequently Asked Questions

I have been told I can only have the areola correction with a lolly-pop shaped scar. Is this true?

No this is not true. The scar can be based around the areola alone; at the base of the nipple or it might need a lolly-pop shaped incision if there is a lot of skin excess. Sometimes the surgery can involve 2-stages to reduce the overall size of the areola and keep the scar around the areola alone. These concerns will be discussed at your consultation and your surgeon will advise you on the most appropriate treatment/ procedure for your case.

How long will it take to recover?

You will generally be less mobile from between 1 - 2 weeks. This will be due to the swelling. It can be quite uncomfortable in the first 48 hours after surgery and you should take regular painkillers as instructed by your surgical team.

Will the scars be visible?

The scars will be raised and puckered initially. Over the next few weeks - month the scar will start to mature. After surgery the area will be swollen and bruised, you will be able to see the scars as the wound heals, these will become less apparent.

When can I return to work?

This depends on the nature of your job. You should avoid any heavy lifting/ bending and strenuous exercise for a minimum of two weeks. If you have an office job you can return after a few days.

Will the stitches be removed?

All the stitches are absorbable and so do not require removal.

How active can I be after surgery?

You can resume most normal activities as and when you feel comfortable although we recommend that you avoid any heavy lifting, over bending and over stretching for at least two weeks.

When can I resume intercourse?

It would be advisable to abstain from intercourse for at least 2 weeks to allow the wounds to heal and close. Any excessive movement or manipulation in the area can result in the wounds opening up. The strength of the scars is reaches its maximum at about 4-6 weeks and therefore it is advisable to take it easy during this time. To minimise any stretching of the scars.

When can I resume exercise?

Exercising other than walking is also not advised in the first two weeks post procedure. You can gradually increase to your normal routine from 2 weeks. By 6 weeks you should be back to your normal routine.

Procedure Information

Frequently Asked Questions

Is there any diet advice to help pre and post surgery?

It is essential that you eat and drink as normal post procedure. A nutritionally balanced diet is essential for good wound healing and keeping well hydrated will assist in your recovery.

Please do not hesitate to contact us if you have any questions, queries or concerns.

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