

## Nipple Correction

***Treatment to reshape, balance, and correct nipples to improve the appearance and restore body confidence.***

### What is Nipple Correction?

Nipple Correction is specialist treatment to improve the appearance of the nipples. Scarred, inverted, or misshapen nipples can look unsightly and affect self-esteem.

Bella Vou offers a range of treatments to reshape and correct the nipples. Depending on the anatomy and any underlying problems, tattooing, topical treatments, and surgical techniques can all help restore an attractive appearance.

The experienced cosmetic surgeons at Bella Vou will assess your nipples, listen to your concerns, and tailor a treatment programme to help you get the breasts you desire.

### Why have Nipple Correction?

Surgery, piercing problems, and genetics can all affect the shape and appearance of the nipples. Whether the nipples are scarred, inverted, or asymmetric, their look can affect your body image and sexual confidence.

If your nipples are inverted, scarred following surgery or piercings, or unsightly, Nipple Correction can help. The specialists at Bella Vou offer innovative non-surgical treatments to reduce scars, even colouration, and draw out inverted nipples. They can also operate to correct or reconstruct the nipples, to create an attractive harmonious appearance.

### What happens in Nipple Correction?

At Bella Vou, your Nipple Correction is bespoke. It is designed to target your individual breast concerns. The expert cosmetic surgeons at Bella Vou will carefully assess your body, discuss your worries, and tailor a personal programme of care. Treatment can include:

**Inverted nipple treatment:** Suction devices and specially-designed nipple piercings can draw out and maintain a projected nipple. If non-surgical treatments are not effective, the surgeons can operate to remove the tissue that is tethering the nipple and secure the nipple in a prominent position.

**Scar reduction:** Breast surgery for cancer, cosmetic surgery, and piercings can leave unsightly and obtrusive scars on this delicate area. Topical silicone dressings and steroid injections can treat thick scarring. If non-surgical methods fail, then specialist surgery can achieve results. The cosmetic surgeon can either excise and refashion the scar, or if the nipple is significantly deformed or absent, they can reconstruct the entire nipple and areola area.

**Tattooing:** Abnormally shaped, scarred, and irregular nipples can be corrected with tattooing to even the shape and pigmentation.

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

Your recovery from Nipple Correction will depend on the procedures you need, your skin, and your health. There is minimal downtime following non-surgical treatments. Inverted Nipple Surgery and Nipple Reconstruction will result in some swelling and bruising, which will take a little time to settle and heal.

In general, following Nipple Correction Surgery, you should avoid exercise for at least two weeks and can then gradually resume gentle activities. The scars should not be submerged for at least two weeks when the skin wounds will have healed.

### **Quick glance guide to Nipple Correction**

**Procedure Time:** 40 - 60 minutes. Longer for more extensive surgery.

**Recovery:** 1 - 2 days

**Anaesthetic:** Local anaesthetic. General anaesthetic for more extensive surgery.

**Hospital stay:** No

**Treats:** Asymmetric nipples, inverted nipples, loss of nipple following mastectomy.

### **Why choose Bella Vou for your Nipple 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 Nipple 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 nipple and your breasts, and receive an impartial professional opinion about whether Nipple Correction can help you get the breasts you want. Mr Amir Nakhdjvani 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 surgeon before proceeding to Nipple Correction. This will give you a chance to find out more about the procedure, any non-surgical alternatives, and to ask any questions you may have.

### **Preparation for Nipple Correction Surgery**

You'll be given individual pre-operative advice to reduce your chance of bleeding or infection and support your healthy recovery.

It's important to let your surgeon know if you're on any prescription or over-the-counter medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can disrupt the healing process.

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 Nipple Correction?**

Nipple Correction is usually performed under local anaesthetic. The specific surgery will depend on the procedures you are undergoing.

**Inverted Nipple Surgery:** The surgeon will make a fine incision under the nipple. They will cut any tissue tethering the nipple, freeing it from the underlying tissue.

The surgeon stitches the wounds closed using absorbable sutures. A splint holds the nipple in place as it heals.

**Scar Revision Surgery:** The surgeon will excise the existing stretched, lumpy, puckered, or irregular scarring around the nipple. They will then carefully suture the wound to create a more discreet, linear scar in line with the natural folds and creases of the breasts.

**Nipple Reconstruction:** Nipple reconstruction can be used to recreate a nipple that has been lost following surgery, such as for breast cancer. The cosmetic surgeons are highly skilled in this procedure that can restore body confidence and self-esteem after a very stressful time. They use the skin on your new breast, folded and reshaped to create a nipple. Tattooing at a later stage can provide realistic pigmentation and further enhance the cosmetic effect.

### **Recovery from Nipple Correction**

Your post-operative recovery will depend on the procedures you have had, as well as on your general health and wellbeing. You usually won't need to stay in hospital overnight, but a friend or family member should escort you home. The staff at Bella Vou will offer analgesia, carefully monitor your recovery, and provide support every step of the way.

After one week, the nurse and wound care specialist will check your scars and the nipple position. Stitches are usually absorbable and don't need to be removed. At around six weeks, your surgeon will check your progress and ensure that you are healthy and happy with your results. However, the Bella Vou staff are always available if you have any questions or concerns between appointments.

### **FAQs**

#### **Will I be able to breastfeed?**

The effects on breast-feeding will depend on the problem with your breasts and the treatment you have. For nipple correction surgery, there are two main techniques. One preserves the milk ducts and another that does not. Talk to your surgeon about your plans so that you can choose a treatment plan that best meets your needs.

In general, it is better to complete your family before contemplating Nipple Correction surgery. Pregnancy and weight changes can alter the breasts, which can change the balance and harmony of the breasts, nipples, and areola.

#### **Will I lose sensation in the area following surgery?**

The effects on sensation will depend on the surgery you have had. Talk to your surgeon about the specific effects following your procedure. After nipple reshaping, lifting, and minor corrections, the area will be numb for at least 4-5 hours due to local anaesthetic. Following treatment, there will be swelling and bruising, which

alters the sensation. However, this should gradually settle over two to three weeks as the swelling subsides.

**When can I exercise after surgery?**

You should avoid exercise, bending, and heavy lifting for two to three weeks following surgery. Gentle walking is usually fine. However, during more vigorous activity, the nipples can rub against clothing. This can disturb the scars and interrupt healing.