

Nipple Reduction

Surgery to reduce the size of puffy, prominent or enlarged nipples

What is Nipple Reduction?

Nipple Reduction is surgery to decrease the size of the nipples, restoring a proportionate and harmonious appearance.

Why have Nipple Reduction?

Oversized or puffy nipples can poke through tight clothing and affect your confidence in swimwear and during intimate relationships. Enlarged nipples can be a problem for men and women, impacting on body image and self-esteem.

If your nipples seem out of proportion to your breasts or dominate your chest, the specialist surgeons at Bella Vou can help. Nipple reduction surgery can decrease nipple size and restore the balance of the breasts so that you feel more assured in and out of clothing.

Nipple reduction surgery can also be performed together with other procedures such as breast reduction, male breast reduction, or areola reduction surgery. The cosmetic surgeons provide a bespoke breast surgery service to help you get the breasts or chest that you want.

What happens in Nipple Reduction Surgery?

At Bella Vou, Nipple Reduction is carried out under local anaesthetic procedure. It is a day case procedure, meaning you won't need to stay in hospital overnight.

The cosmetic surgeon removes a portion of the nipple, to reduce the size but maintain the overall shape. The incisions are hidden under the nipple, in the natural crease so that the scars are discreet and unnoticeable.

How long is the recovery from Nipple Reduction?

There is minimal downtime following Nipple Reduction surgery. The staff at Bella Vou are on hand following surgery to offer you a drink or a snack and answer any questions. It's sensible to take it easy and recover for the rest of the day, and you should avoid bending or heavy lifting for two weeks.

Any discomfort is usually mild and easily controlled with over-the-counter painkillers. Most people can return to work and normal daily activities after one or two days.

Quick glance guide to Nipple Reduction

Procedure Time: 40 - 60 minutes

Recovery: 1 - 2 days
Anaesthetic: Local anaesthetic
Hospital stay: No
Treats: Large nipples and areolas

Why choose Bella Vou for your Nipple Reduction?

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 Reduction 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 Nipple Reduction surgery can help you get the breasts or chest 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 surgeon before proceeding to Nipple Reduction. This will give you a chance to find out more about the procedure and to ask any questions you may have.

Preparation for Nipple Reduction

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 support throughout the operation.

What happens during Nipple Reduction?

Your Nipple Reduction will be performed under local anaesthetic. It is done as a day case procedure, meaning you won't need to stay in hospital overnight.

The surgeon will clean the breasts, and inject local anaesthetic so that the area is numb. You should feel movement and pressure, but the procedure will be pain-free.

Your consultant will make a small incision in the nipple, placed so that the scar is hidden in the natural crease where it joins the areola. The surgeon excises a segment of the nipple, reducing the size, before closing the wound with fine, absorbable sutures.

Recovery from Nipple Reduction

You will be able to go home on the day of the procedure, with no drains or drips. There will be a simple dressing over your nipples. The staff at Bella Vou will carefully monitor your recovery and provide support every step of the way.

You may experience some discomfort for the first couple of days after the operation. Any pain can be easily controlled with simple, over-the-counter painkillers. There is minimal downtime. Most people can return to normal activities after one or two days. The Bella Vou staff are always available if you have any questions or concerns at any time.

FAQs

Can the nipples be uplifted with this procedure?

The surgery treats oversized nipples. However, small uplifts of the nipple can also be achieved with this technique.

Will I lose sensation in the area following Nipple Reduction surgery?

The nipples will usually remain numb for several hours after surgery because of the local anaesthetic. Following the operation, some swelling and bruising are typical, which can alter the sensation. This usually subsides over one to two weeks, and normal feeling should gradually return.

There is a higher chance of nipple sensation changing following breast reduction or uplift. If you have nipple 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.

Can I still breastfeed after Nipple Reduction?

Nipple Reduction surgery can affect breastfeeding. For this reason, it's better to have completed your family before embarking on surgery. Also, pregnancy and weight changes can alter the breasts, which can alter the balance and harmony of the breasts, nipples, and areola.

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.